

## Design Your Environment to make lasting changes

### Dear Small Business Owner:

A common theme I'm hearing from folks in this 1st month of the year, is that people are looking to do something different this year than what they did last year. This could be in their business, their home, their health, etc. Wanting to improve...isn't that why we make resolutions for the new year?

I believe one of the reasons most people don't end up actually doing something different from one year to the next is this----they don't change their environment. Thinking that you want something to be different is an inner notion. Unless you change the things that surround you on the outside, change is near to impossible.

What is your environment? It includes everything that surrounds you- your relationships, your physical space, your financial status, your body, your talents, your communities. People either become like their environments or the environment becomes like them.



Your environment is a mirror; it reflects you. But it reflects the current you – the you that you've molded it to be. Everything in your environment was designed by you, either consciously or unconsciously. You let it in. It matches the you that you are now. So, what happens if you want to become something different? Since your environments were designed by the old you, they will naturally pull you back to that way of being unless you consciously re-design them to support your transformation.



Have you ever been with your parents and they picked on you for something you used to do, a pattern, an old habit. You have since moved beyond that and aren't that way anymore. But, they can't see that because you are still in their environment as their child.

So, how do you change the things around you that aren't what you want them to be?

1. Start by listing the areas where you are most dissatisfied with how things are currently.

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2. How could your life be different if these areas were improved? Remember this as it is a strong motivator to help you change.
3. Decide how to attack the change you want to see. Always attach a date to the steps you set out to take. If you hate compiling information for your taxes every year, devise a new system where you put the information in the right folder during the year so it's not a big end-of-year task. Do some people you spend time with make you feel pulled down? Do you associate with people who are focused on spending money when you need to be saving money? Be strong to say no to time around these people.



4. If you are really stuck in deep patterns that you've tried to fix in the past, it may be time to get outside help—an organizer, an advisor, and a coach. Find someone who is "ahead" (has been at the stage you are in life, in your business, in your finances) of where you are and ask for their help.



Making new patterns can feel like pushing a heavy ball up a hill. Be inspired rather than obstructed by the people and things around you. Focus on surrounding yourself with people and things that can take you where you want to be.

If you're looking for help to do this in your business, a coach can help you make these changes faster than doing it alone. Give us a call.

Sincerely,

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Alpha Business Coaching

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