

Designing Inspiring Environments

Written by Jan Marie Dore



The influence of your personal environments on your health, creativity, and well-being is often subtle, yet profound. You can use the environments you live in to support you in feeling good about yourself, to experience less stress, and to be more productive.



Personal environments can include your relationships with family, friends, and colleagues, your work environment, networks, ideas, learning environments - and your physical environment - such as your home, the community you live in, nature, your garden, the technology you use, the information you absorb - everything that you surround yourself with. It can also be the foods you keep in our house, the beautiful objects, and colors around you, the books, magazines and newspapers you read, the movies you watch, and the thoughts you think.

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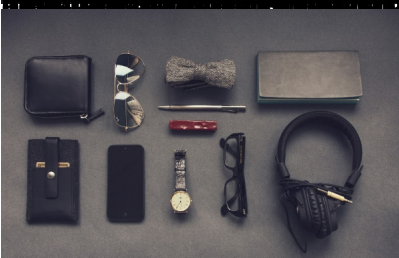
Personal environments can also include your 'internal surroundings' - your belief systems and thought patterns. As you work on raising your awareness of your inner thoughts and eliminating negative or unproductive thoughts, you might notice increased levels of energy and focus.

It's possible to revitalize your surroundings or environments and design them so they bring out the very best in you so that they evolve you toward a successful, inspiring, struggle-free life. As you develop your personal environments, you develop yourself and your capacity to be creative and to receive ongoing inspiration and support.

The goal is to design supportive environments that will inspire you to be your best and do great things. Success and personal development are more sustainable when there are environments and failsafe structures which support it.

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