

Ideal Environment

This is an exercise designed to help you understand what you value and want out of life.

In one paragraph, answer this question: In what imaginary environment would my best self emerge?

Most of us have never asked ourselves that question because it's not considered askable. We've been trained to ask "how can I fit into some preexisting environment? How can I change myself to fit the world?"

Just this once. Try shaping the world to your needs. A world so tailored to your nature that you'd be at your best in it without changing yourself ONE BIT! By environment, I don't just mean your physical surroundings. Environment is also very importantly your "human" environment: the kinds of people you'd like to be surrounded by; how much privacy you need, and how much interaction; what kinds of help you'd like; what kinds of responses you'd want to your ideas. Above all, don't improve yourself. Let your environment do all the work. Eg. if you hate housework, don't imagine yourself as more disciplined. Imagine 8 tiny droids following you around doing the house-cleaning. If you're soft-spoken or feel invisible sometimes, imagine a world where no one would speak above a whisper and you'd be the loudest one there.

Lastly! After you've imagined your ideal environment, list a few adjectives telling what positives qualities in you (intellectual, emotional, creative) would emerge if you were in that environment (i.e. loving, assertive, playful, serene, etc.) Imagining yourself in full bloom!

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"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive." Howard Thurman