

Your Environment

Your environment can have a significant impact on your enjoyment of life. It can either work with you by energizing you, by feeding your creativity, by giving you a feeling of comfort; or it can work against you by draining your energy, stifling your creativity, and leaving you feeling uncomfortable and out of step with those around you.

The items listed below will help you evaluate your environment:

- 1) **Geographical Location:** Where would you like to live? In a big city? Small town? Rural setting? On a beach? Or on a mountain? Or in the middle of an old-growth forest? In the United States? Canada? Mexico? Paris? Auckland?
 - a. **My ideal location is:** _____

- 2) **Pace:** Do you enjoy an environment that is bustling and busy or do you prefer a peaceful, slower pace?
 - a. **My ideal pace is:** _____

- 3) **Support:** The degree of support we have is also important. One way to avoid either stress or boredom, depending on our personal tendencies, is to surround ourselves with a supportive environment, one in which we have a sense of significance, autonomy, challenge and support, and in which there are relatively few unmodifiable stresses.
 - a. **I prefer to have:** _____ little support; _____ moderate support; _____ a lot of support.

- 4) **Focus of Activities:** It is also important to evaluate whether you prefer to do most of your activities alone, with one or two close friends and family members, or with a lot of people most of the time. To help you evaluate your optimal focus, consider the following profiles of the soloist, the partner, and the team personality:
 - a. **Soloist Profile:**
 - i. Is independent
 - ii. Prefers being and working alone
 - iii. Likes privacy
 - iv. Is highly creative and contemplative
 - v. Has a few carefully chosen friends
 - vi. Resists authority
 - vii. Likes to take risks

- viii. Is motivated by opportunity to create and to get credit for creation
- ix. Biggest fear: loss of control

b. Partner Profile:

- i. Enjoys (and needs) give and take feedback when making decisions and in conversation
- ii. Is most creative in context of a close relationship
- iii. Has a few long-term friends
- iv. Needs equal amounts of time alone and with others
- v. Is excellent listener
- vi. Feels power comes from shared resources
- vii. Shares risk taking with partner
- viii. Biggest fear: rejection by partner

c. Team Personality Profile:

- i. Enjoys *esprit de corps* of large group of friends, whether in a social, or work, or volunteer setting, including process of gaining consensus
- ii. Wants to be alone about 20% of the time
- iii. Is motivated by competition
- iv. Forms many friendships easily
- v. Comfortable with authority figures
- vi. Is most creative in context of praise from team members and from leader
- vii. Enjoys belonging to clubs
- viii. Shares risks with team members and leader
- ix. Biggest fear: loneliness

You may find you have aspects of two of these profiles, or maybe even all three, but you probably have more qualities from one than any of the others. Which most closely describes you;

_____ soloist _____ partner _____ team personality

5) What other aspects of your current environment are important to you? _____

6) What is important to you but is missing from your current environment? _____

