

Become a masterful environmental designer, not just a goal setter.

Let the environments you create provide all the motivation and inspiration you need.

by [Thomas J. Leonard](#)



Environments cause results, not just people. --Anonymous

I'm far too lazy and undependable to rely upon myself for motivation...

Yet, people call me highly creative and prolific. And very effective. Even inspirational, which is a little bit scary. Hmmmm, how do I get so much accomplished given I'm someone who was born without the genes or memes for a personal backbone and who has no self-discipline, no purpose in life and no real sense of self?

...But boy have I created some amazing environments that do the work for me.

I used to think that I 'should' have willpower, gumption and determination so that I could reach the goals I set for myself without waning or dropping the ball in the final quarter. But I was mistaken. I'll never have willpower. Nor should I. But what I have developed is a set of environments -- both tangible and intangible -- that both support and inspire me. My environments pull me forward. I never push myself from behind. At least, not any more.

Delegate to your crafted environments...

The idea of environments is nothing new. Sociologists and anthropologists and psychologists credit environments with personal and cultural development. We are, to a significant degree, a product of our environments. Well, I knew that. But knowing that wasn't enough. Until I discovered the first hour of the day...

Time of day as one example of environment...

The first hour of the day is my time to put on paper the idea that I woke up with that morning. It might be a column like this one, or a new checklist for coaches or a new website. That hour is an environment. In fact, every event in my day is a byproduct of an environment that I've crafted.

Curious about the 7 key types of environments?

1. Physical environments, like home and office.
2. Nature, meaning the out-of-doors.
3. Memetic environments, meaning ideas and info.
4. Feeling environments, i.e., emotions, states.
5. Energy environments
6. People environments, meaning family, friends.
7. Time environments, meaning time of day.

What if you crafted environments in all 7 areas?

And what if you crafted each of them in ways that totally brought out your best? Every time. Would that move you from the goal setting mode to the environmental designer mode? Would life be more interesting if you made this change? Would life be richer? Would life be easier?