

## The Art of Living Well

### *Environments of Support*

#### Set Yourself Up for Success

*because the environment always wins...*

##### Environments include:

- People you hang around with
- Respectful boundaries
- Places you spend your time in
- Things, objects, toys - for distraction or inspiration
- Time, scheduling, habits, perceptions of plenty or lack
- Physical well being, actions and obstacles
- Social well being strategies
- Intellectual well being, brain stimulation
- Spiritual well being, peace, purpose
- Occupational satisfaction and well being
- Financial, money attitudes and how you spend it
- Emotional well being, feeling good, happy, healthy



### Table Talk

#### The Art of Living Well: Set yourself up for success

1. If your environment is to more fully **support** your well-being, what are some *environmental* improvements or changes you need to make?
2. What are three *environment-related* things you are doing regularly (habits, people, time use) that do not serve or support you?
3. Create a *living-well plan*...and make it EASY (Energizes And Satisfies You).