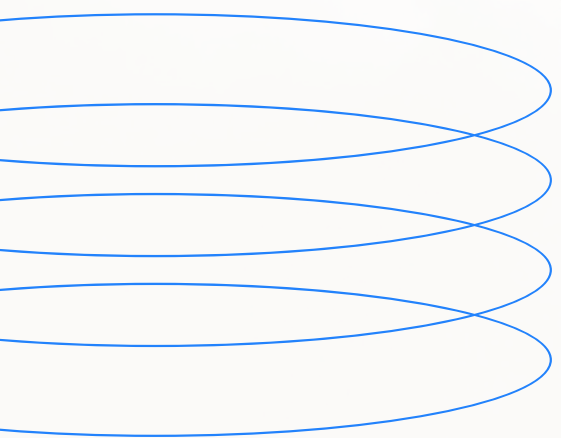
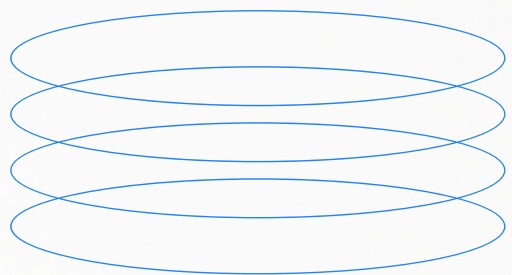


UPGRADE YOUR
ENVIRONMENT
into Achievable Wins

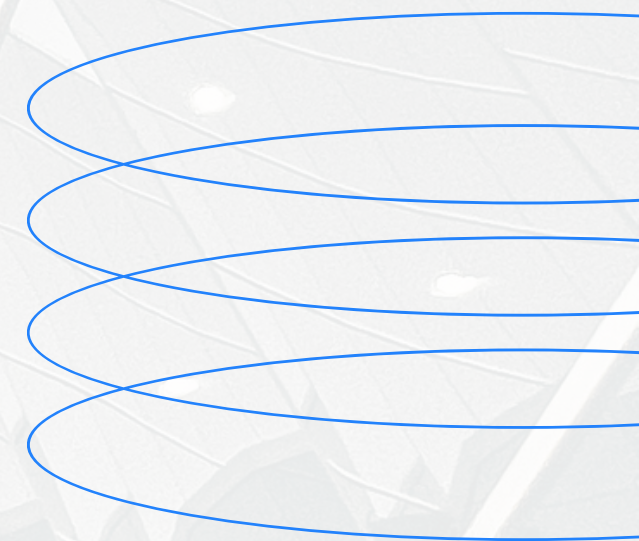


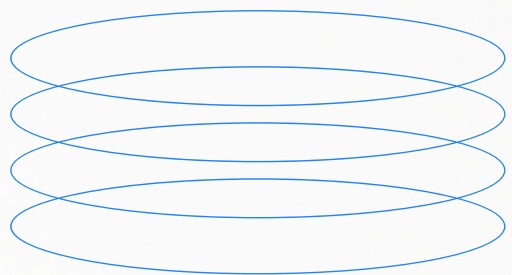


WELCOME TO LIFE

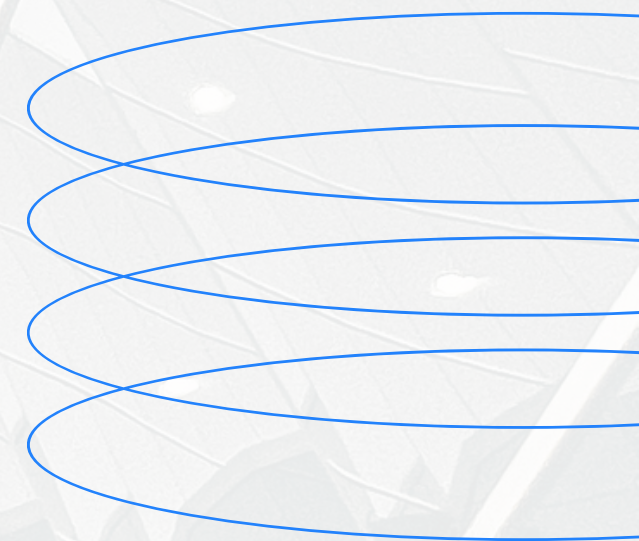
HACK NO. 2

One Task at a Time

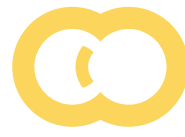




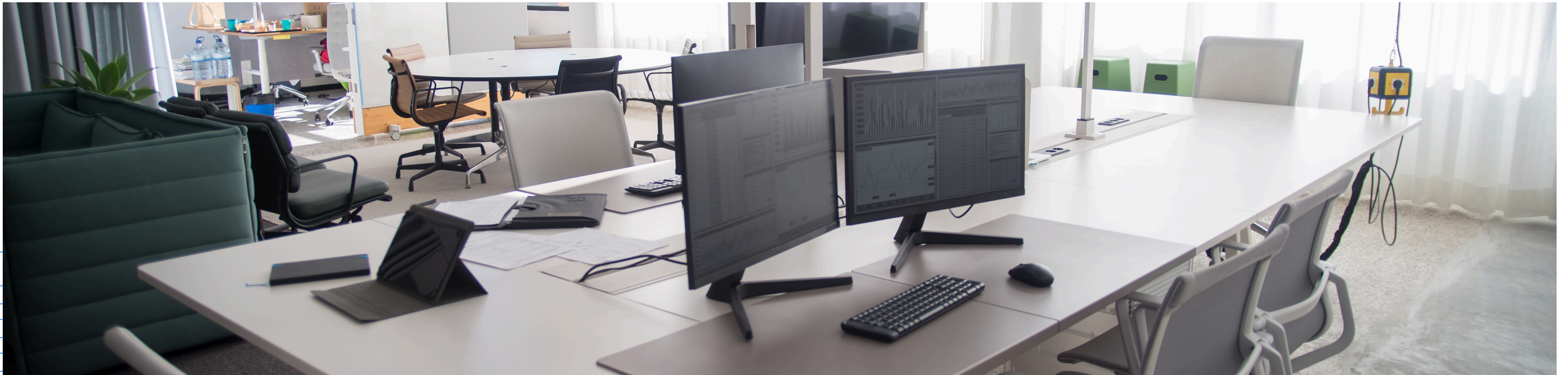
*Design a space that energizes,
uplifts, and supports your
transformation.*



WHY YOUR ENVIRONMENT MATTERS

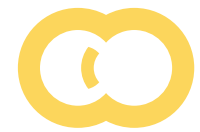


- Your surroundings influence your mood, habits, and energy.
- Clutter and chaos drain focus.
- A supportive space fuels productivity and peace.

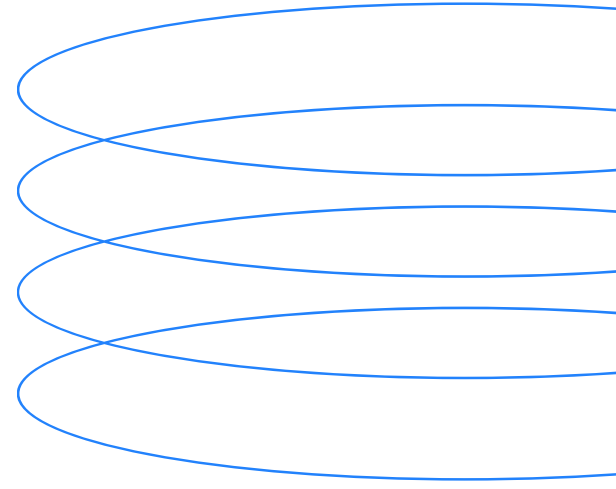




YOUR ENVIRONMENT MATTERS

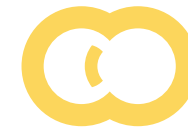


**You are a product of your
environment. So choose
the environment that will
best develop you.**

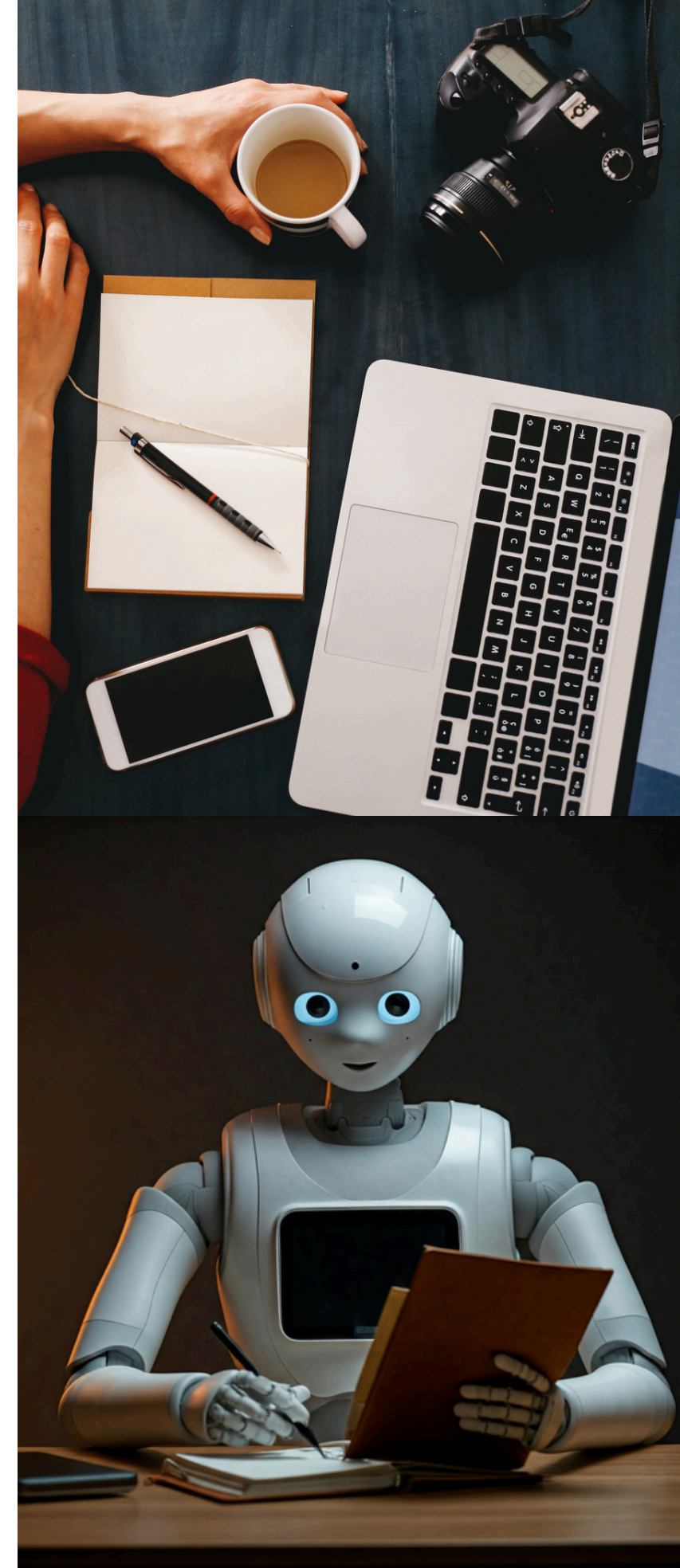


SIGNS YOUR ENVIRONMENT NEEDS AN UPGRADE

- Feeling tired or unmotivated at home
- Constant distractions and noise
- Lack of inspiration or creativity
- Feeling overwhelmed by clutter

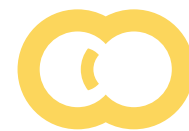


What's one thing in your space that drains your energy?

Four sets of three overlapping blue ellipses arranged horizontally, intended for writing answers to the question above.



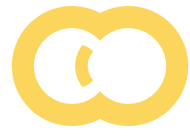
Think big, act small. Divide your large goal into major milestones, or phases.



Step

ELEMENTS OF A SUPPORTIVE ENVIRONMENT

- Inspiring scents and soothing sounds
- Positive affirmations and vision boards
- Natural elements: sunlight, air, plants
- Clean and decluttered



Step

DETOX YOUR DIGITAL ENVIRONMENT

Digital clutter is as draining as physical clutter!

- ***Turn off unnecessary notifications***
- ***Clean up your phone and desktop***
- ***Curate positive, growth-focused social feeds***
- ***Use digital wellbeing tools and timers***





Step

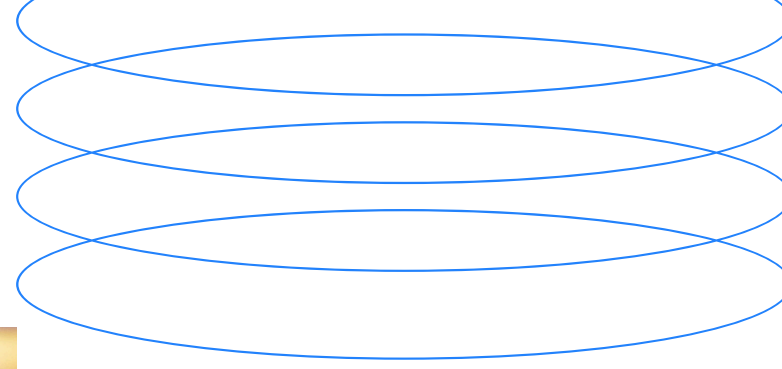
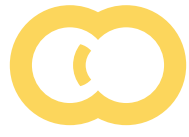
CREATE AN ENERGY CORNER



Use this space for reflection, affirmations, meditation.

Add items that uplift you: crystals, books, incense, etc.

Choose a small dedicated area.



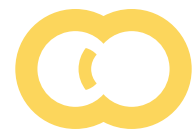
Step
**UPGRADE WITH
INTENTION**

- *Release what no longer aligns.*
- *Rearrange with purpose.*
- *Bring beauty, simplicity, and harmony into your space.*



***Does this support the
version of me I am
becoming?***



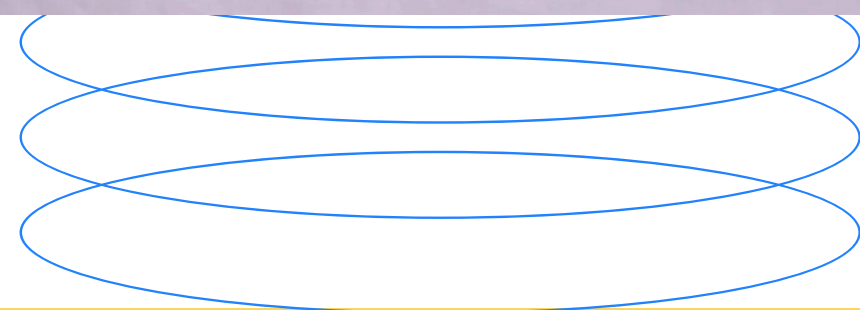


CONCLUSION

Your Space Reflects Your Soul

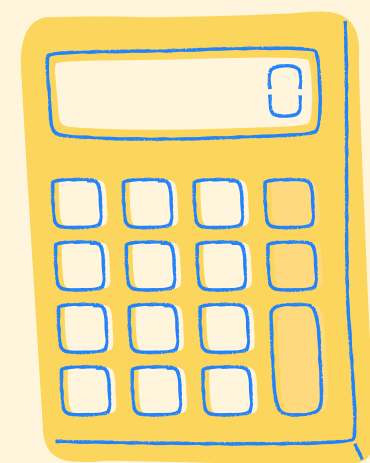
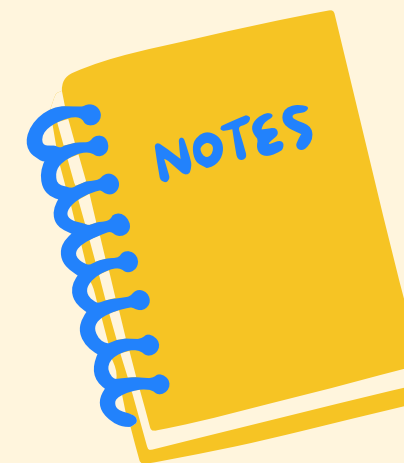
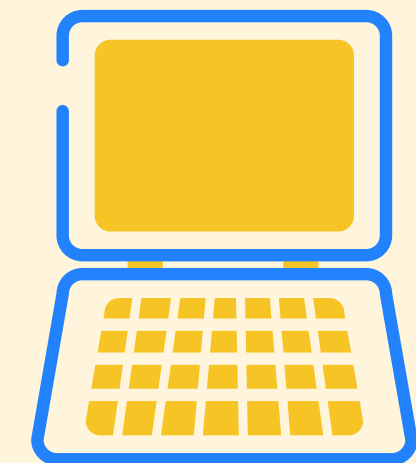
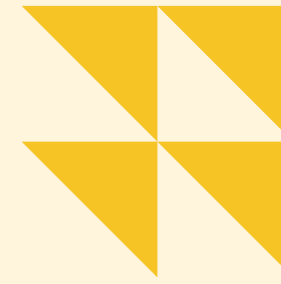
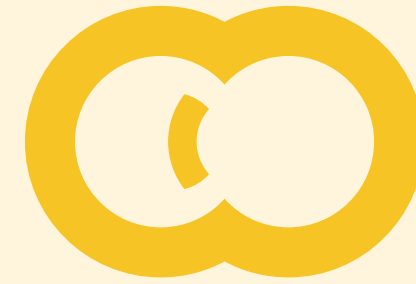
Transforming your environment isn't about perfection it's about alignment. A well-designed space can anchor your intentions, calm your mind, and elevate your daily energy.

Remember, even one mindful change can create a ripple effect of positive habits and emotions.



- ***Open windows for fresh air***
- ***Light a candle with intention***
- ***Play healing frequencies or calm music***
- ***Journal in your energy corner***

My space supports my growth and peace.



YOUR TURN!

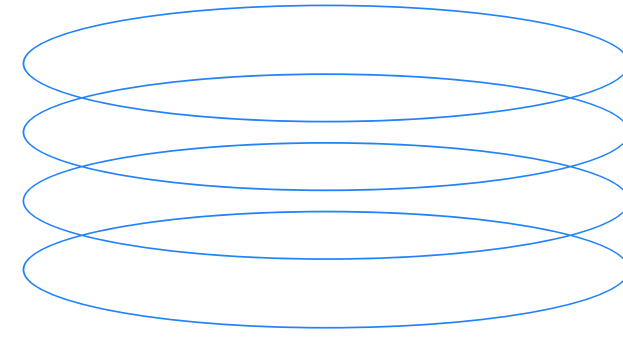


Share a photo or intention with your community or coach.

***WHAT'S ONE
CHANGE YOU'LL
MAKE IN YOUR
SPACE THIS WEEK?***



THANK YOU & STAY CONNECTED!



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Upgrade Your Environment

