

According to James Clear, author of Atomic Habits, the physical environment is one of the most overlooked drivers of habit and behavior change.

We can easily become victims of a bad environment. Every day we are faced with an overload of options -- just look at the range of women's magazines at the grocery store checkout to see what I mean!

But, instead of surrendering to brain fatigue, we can become the architects of our environment by intentional design. We create it by starting with a framework of habits. The right environment almost auto-corrects bad behavior in that it helps us get our habits back in check. It gives us support, stability, and structure.

- Are you forgetting to take your supplements regularly? Take them out of the cupboard first thing in the morning while waiting for your coffee to brew.
- Are you tempted by bad food choices? Use sticky notes in the pantry as a reminder that you are stronger than the Oreos!
- Are you not doing your workouts consistently? Set a time, lay out your clothes, be accountable to your Body Clutter Buddy, and do it for just 5 minutes. You can do anything for 5 minutes!

Set If/Then intentions, and reward yourself for following through.

For example: IF I exercise and follow my plan for 5 days, THEN not only will I feel better but the reward will be a manicure/ stickers on my chart/ bragging rights, etc. (Remember to never reward yourself with food!)

Use triggers and cues, and involve all 5 of your senses.

Hear it: Go into the kitchen, clap twice, and say "Kitchen's closed!"

See it: Your encouraging quote deck, your Mindful Mug, and your supplements next to the coffee maker.

Smell it: Inhale the delicious aroma of your bone broth simmering!

Feel it: The accomplishment of finishing a workout. Write it down in your journal so you can relive it when you need a pick-me-up.

Taste it: Enjoy your healthy food; think about how good it tastes and how it is nurturing your body!

Set your environment up for success! The design of our environment is the one design that directly impacts the design of our lives. Environment trumps willpower and motivation every time.

Get rid of the clutter and donate the clothes that no longer fit - don't give yourself permission to grow back into them. Cravings happen, but use your supplements and the tools in your toolbox- L-Glutamine, CraveCrusher, hydrating properly, and finding a distraction when necessary.

Reverse engineer your ideal day. Think it through, plan, prepare, implement, and course-correct as necessary. You are WORTH IT!