

Automation is essential - for both living and learning.

Most folks outsource and automate their behavior, however, their environments often contradict their hotly desired goals...

They have Little Debbie's in the pantry, husbands with a hankering for pizza, and kids wanting snacks...

It's tough!

So in order to automate you have to CURATE a supportive environment.

Do The Pantry Raid and eliminate the things that don't support your goals; set up an agreement with your spouse and kids.

This is where the emotionally exhausting decision-making finally ends - by curating your environment.

When you don't curate your environment, the only thing you can depend on is WILLPOWER! (And if you've been around for a while, you know exactly how I feel about that!)

It's like a spare tire for your car - tiny, ineffective in the long run, and very much a temporary fix.

Think about it - having to use willpower IN YOUR OWN HOME...

What a huge waste of emotional and mental resources!

The science is clear - you will automate that which is based on your environment. (This is why you go back to the old stuff.)

In *Willpower Doesn't Work*, Benjamin Hardy, Ph.D., explains it's impossible to change yourself unless you change your environment because you and your environment are "two indivisible parts of the same whole." Thus, if everything around you is still the same, chances are your thinking will be the same too.

Your mindset, goals, and future self are all dependent on your environment. And, your environment automates your behavior.

So how do we curate an environment that's not ours alone?

- ✓ Create a solo pantry
- ✓ Leave the house (and take an emotional lap--you don't need to hang out with pizza and temptation)
- ✓ Find a community of like-minded individuals (like the Hot Melt Sprint Group!)

- ✓ Get a Body Clutter Buddy and hold each other accountable
- ✓ Use your tools. ( TBYL Journal for mindset and goals; Dinner Answers for food; a Quote Deck to create healthy thoughts)

All of these are reminders of who you are, and whose you are.

You cannot automate unless your environment is under exact control. Most of us don't have the ability to create it perfectly, BUT we can do it EXCELLENTLY!

Ask questions like "What if I .....?" Can you imagine?

Expect that you'll figure out creative ways to do this.

You are not being held prisoner in an impossible situation - you just haven't figured it out. YET.