IS YOUR LIFE SET UP TO SUPPORT YOU?

A small environment audit

You can have excellent intentions and still make things unnecessarily difficult for yourself.

Sometimes the problem isn't discipline. Sometimes your life is simply set up in a way that makes abandoning yourself extremely convenient.

Bit rude, really.

Look at four parts of your life. Notice what helps, what drains, and choose one small change. You are not redesigning everything today.

DIGITAL

What quietly drains me here?

What already helps?

One change worth trying:

PHYSICAL SPACE

What makes this space harder to work, rest or live in?

What would make it feel more supportive - or more mine?

One small change:

PEOPLE

Where do I leave interactions feeling smaller, tense or obligated?

Where do I feel more like myself?

One boundary or adjustment worth trying:

TIME

Where does my time disappear without me choosing it?

What matters to me that keeps getting whatever time is left?

One block or limit I want to protect:

DON'T FIX ALL FOUR.

Circle one area. Choose one change you can actually make this week.

This week, I am making it easier to have my own back by:

Your environment won't do the work for you. It can stop making the work harder.

I HAD MY OWN BACK THIS WEEK

A small reflection. Not a performance review.

You do not need to track yourself every day to prove you're changing.

Once a week, notice what happened, learn something useful, and carry on living.

01 ONE MOMENT I HAD MY OWN BACK

What happened? What did I do differently?

02 ONE MOMENT I LEFT MYSELF OUT

What happened? No trial. No sentencing. Just notice it.

03 WHAT WAS I TRYING TO AVOID?

Conflict / disappointing someone / looking difficult / guilt / being misunderstood / something else?

04 WHAT WOULD I LIKE TO TRY NEXT TIME?

A sentence? A pause? A no? Asking for help? Leaving earlier? Not fixing it?

05 ONE SMALL THING I WANT TO PRACTISE THIS WEEK

Keep it small enough to actually do once.

THIS WEEK, I WILL _____ ONCE.

That's enough. We are not submitting weekly performance reports on your healing.

Notice. Adjust. Keep going.