

## **Spirit Level Success™ System - Six Secrets of Self-Esteem**

### **Secret #3 SPACE – Week 5**

#### **S.O.R.T.E.D.™ - Environment**

The **E** in **S.O.R.T.E.D.™** stands for **Environment**. **Where do you spend most of your time in a typical working day? Are you at work? Are you caring for children? Does your daily environment change from one to the next?**

**What is a typical week for you in terms of where you are based each day?**

---

---

**And if you think about the typical, physical environment you find yourself in for the majority of your time at the moment, how do you feel about it? Is it conducive to you doing what you need to do? Is it the right sort of environment for you?**

**Which parts of it work really well for you at the moment?**

---

---

**What could be improved?**

---

---

**Follow the F.L.A.S.H.™ Model and review your current environment;**

## **Furniture**

- **make sure it's functional as well as aesthetically pleasing, and position it in the most effective way. If you're a creative, visual person, the last thing you need is to have your desk facing a wall – it will interfere with your brain forming the pictures you need to make when you're creating and generating new ideas, so move your desk to face into the room or if that's not possible, at least facing out of the window looking into nature**

## **Light**

- **Natural is always best. Position yourself as near to a window as possible. And ensure any window dressings (curtains, blinds) impede the flow of light as little as possible. And if it's not possible to sit near a window, buy yourself a daylight lamp with as bright a bulb as possible that you can have directed to your work space**

## **Air**

- **Once you are near to that window, make sure it gets opened. Even the slightest trickle of fresh air into your environment can bring the biggest of benefits to you. And if that's not possible, take a walk outside at regular intervals and breath very deeply as you're doing so**

## **Smell**

- **Your olfactory sense, or sense of smell, is the most potent of all your senses, and whilst most people won't give a second thought to what they are smelling as they work or go about their day, the smells around you can and will have a significant impact on your mood and how you feel about yourself. Think about whether you can introduce either candles (that burn cleanly), or essential oils into your environment**

## **Hear**

- **Do you have any noise pollution of any sort in your environment? Some people appreciate the gentle hum of traffic outside, or the gentle tick tock of the clock. For others, silence is a dream for which they are always striving. Be clear on what type of sounds you need to hear to be in your optimum environment. I listen to piano with gently tricking**

**rain music behind it when I know I want to zone out and get really creative in my work**

**What further insights do you gain when you follow the F.L.A.S.H.™ Model and critically review your environment?**

---

---

**What would you be willing to change right now?**

---

---

**What would you be willing to change within the next week or month?**

---

---

**Now act on those insights and decisions and change your environment for the better, to whatever extent you can. Notice what difference it makes.**

**It is really important that you take time during this week to repeat the work covered so far in this Secret.**

**Value yourself enough and really connect with your motivation, so you can prioritise this and spend *sufficient* time on it, ensuring you make a meaningful emotional connection with each step you take.**

**This is your time now, and you matter.**