

ENVIRONMENT

WHEN ANSWERING THESE QUESTIONS CHOOSE THE ANSWER THAT MAKES YOU FEEL THE MOST COMFORTABLE, THE MOST YOURSELF.

Social-Self

- A good question to ask yourself is after socializing do you feel like you want to socialize again immediately or do you feel you require a break?

Physical-Self

- Do you spend enough time in nature?
- Is your environment cluttered or organized?
- Do you get enough sunlight in your day to reduce the chances of Seasonal Affective Disorder?
- In what environment do you produce the best quality work in the least amount of time, a coffee shop, a cubical/desk, or a shared space?
- Does your space look aesthetic to you?

ENVIRONMENT

THESE NEXT QUESTIONS REQUIRE A LOT OF HONESTY. THIS MIGHT BE A LITTLE UNCOMFORTABLE, BUT THE ANSWERS WILL HELP YOU FIND THE ENVIRONMENT THAT TRULY ENHANCES YOUR CORE SELF

Psychological-Self

- Who are you really? not whom you want to be

- What are you good at and what are you not good at, in terms of work and social life?

- What are you passionate about? And do the environments in which you live reflect that?

Now that you've answered all the questions,
Look back and see if you can find your environmental preferences.