

# LESSON 20

## STRATEGIST GUIDE QUESTIONS

THE WOMAN SCHOOL

### LESSON 20

## CREATING AN IMPACTFUL ENVIRONMENT

### QUESTIONS TO GUIDE THE CONVERSATION

1. Is your external physical environment a place you love to be? Describe how your environment affects your internal environment (peace of mind)? Why?
2. List 3 specific areas in your home that you would like to improve and then write an action plan? How would a beautiful little space in your home impact your mental space?
3. Is there someone toxic in your physical environment that causes you to be anxious, how? Why are they toxic? Write out a list.
4. Are you creating a rhythm of life that protects you from being too busy that you are compromising other parts of your arena? How can you scale down your commitment to focus on your priorities?
5. Is your work environment giving you life or stressing you out? If you are a stay at home mom then consider your work at home as your work environment. Identify the source of your stress?
6. Rate from 1-10 your mental resilience? Do you allow yourself to be a victim of your external environment or do you find solutions to manage and impact your environment in a positive way?
7. What is your dream work life? Describe how your work would impact the culture in a positive way. Describe things you are passionate about and elaborate on why you are passionate about them.
8. What is holding you back from designing a home and work life that you love to wake up to every day? Is it fear, skills, beliefs, money, time, energy, resources, other? Are you allowing yourself to imagine ways to accomplish these dreams?
9. What key skills do you need to learn, unlearn, and relearn to redesign a home and work life that is meaningful and fulfilling?
10. What do you believe your purpose is both at home, at work, and our culture?