Physical and Emotional Inspiration Zone™ Worksheets

Physical Environment Inspiration Zone

Is your physical zone inspirational? This is particularly important when it comes to your workspace. Use the following checklist to make sure you have the basics:

- ☐ I have a comfortable chair.
- ☐ I keep my desk uncluttered.
- ☐ I have a system so that I tackle, delegate, or schedule everything that crosses over my desk.
- ☐ I keep a "dream board" that reminds me of my dream vacation, car, or other inspiring pictures.
- ☐ I am in control of the background noise in my workspace.
- ☐ I turn off my email alarm and check it only two or three times a day.
- ☐ The lighting in my workspace is intentional.
- ☐ The temperature in my workspace is controlled so I am always comfortable.
- ☐ I like the look of my workspace.
- ☐ I can see my Energy Boosters from my desk.
- ☐ I have pictures of my loved ones within sight.

In the space provided, list any other boosters that can make your workspace more inspiring.

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Mental and Emotional Inspiration Zone

Is your mental and emotional zone inspirational? Use the following checklist to make sure you have the basics:

- ☐ I have my most emotionally compelling goals within sight, perhaps as a screen saver on my computer.
- ☐ I have inspirational quotes and pictures of my family posted in key places.
- ☐ I maintain and review my list of Energy Boosters.
- ☐ I keep dried fruit, almonds, or other heathy snacks at hand to maintain energy throughout the day.
- ☐ I drink water regularly.
- ☐ I have created a convenient exercise "studio" in my home or office, or I visit the gym regularly.
- ☐ To control my stress, I scatter funny activities throughout the day, whether it be a quick look at a comic strip or a chat with a fun friend.

In the space provided, list the people who surround you, then note which ones promote your energy and which ones sap your energy. Then decide how to spend more time with the former and less with the latter.

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