

*Stop Monkeying Around contains simple insights, reflections and practical exercises to provide the reader with the knowledge to realize the discovery of personal power, and that when applied, the result is that anything is possible.*

## **Stop Monkeying Around**

By D. Feketa

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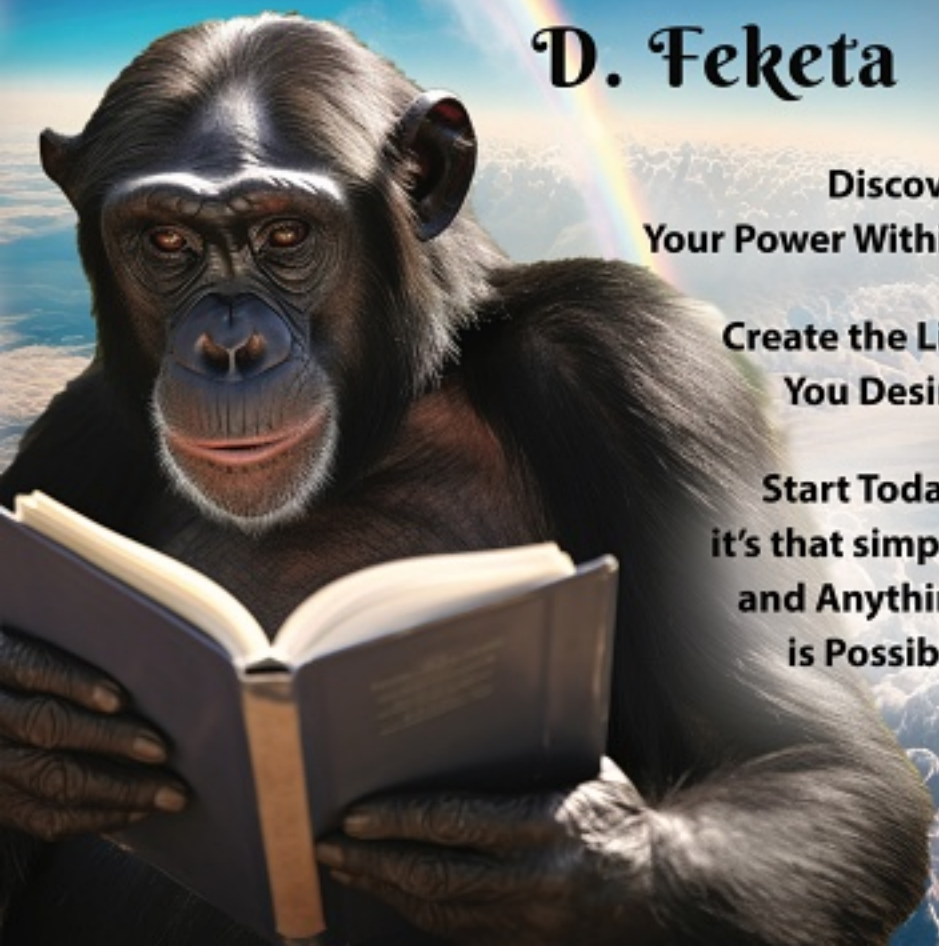
# **STOP** *Monkeying Around*

**D. Feketa**

**Discover  
Your Power Within,**

**Create the Life  
You Desire,**

**Start Today,  
it's that simple,  
and Anything  
is Possible.**



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## Your Environment

Your environment can greatly influence your mindset. Your environment includes the community surrounding you as well as the aesthetics and appearance of your physical surroundings. Typically, you experience a workplace environment and your home environment. You more than likely have greater freedom in creating a home environment supporting a growth and positive mindset.

Consider the mindset and actions of individuals surrounding you in both your workplace and home communities. Do the words and actions of these individuals represent positive, open, and growth-promoting mindsets? Consider the language and statements of these individuals as well as the demonstration of coping skills used to manage disagreement or conflict.

It's easy to be influenced by the behaviors and actions of those in your community. You may have to reconsider who you surround yourself with. If you can choose who you spend your free time with you may choose to stop hanging out or interacting with those who do not operate from a positive position. You may possibly influence your community to begin taking on actions and behaviors that align with your mindset to support your growth while reciprocally supporting theirs.

When creating change among others is not possible, you have the choice of setting boundaries for yourself. For example, you may request that others refrain from making limiting or derogatory statements while in your presence.

Assess both your home and work environments. Do these environments inspire you, make you feel happy, do they may you



feel safe and are they supportive of your growth?

Where possible, you may change your surroundings to support a happier and more positive mindset. Changing the colors of carpet, bedding or the walls of a room can greatly influence your mood by calming or stimulating your potential for growth. Setting up pictures involving nature may help you feel more grounded. Replacing existing décor with what creates calmness, peace and joy is within your control.

Minimizing items and organizing your environments will help energy flow more fluidly to support calmness and stability. Keeping clean environments both at work and home may support mental and physical wellness.

What you do in your environment with your free time can also support your desired mindset. If your goal is to develop a more

open and positive mindset to support personal growth, then participate in activities supporting that. Read self-help books, watch movies which support love, promote goodwill, and end in positive triumph. Listen to uplifting and motivational music.

Spend time in nature. Nature is a place where you can connect to other living creatures, become grounded in the healing properties it has to offer and where you may be reminded that we are all connected to Divine Source where we all came from.

Changing your environment is something you can do today to benefit a more positive and growth-oriented mindset. It's that simple to change your environment so why not start today?

## **Exercise 7: Your Environment**

Your environment can greatly influence your mindset. Your environment includes the aesthetics and appearance of your physical surroundings. Typically, you may experience both a workplace environment and your home environment.

Assess both your home and your work environments. Do these environments inspire you; do they make you feel happy, do they make you feel safe?

### **A. Your Home Environment**

1. How would you describe your home environment?

---

2. What physical changes can you make to create a more positive environment? Think about paint, wall décor, etc.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

B. Your Work Environment

1. How would you describe your work environment?

\_\_\_\_\_

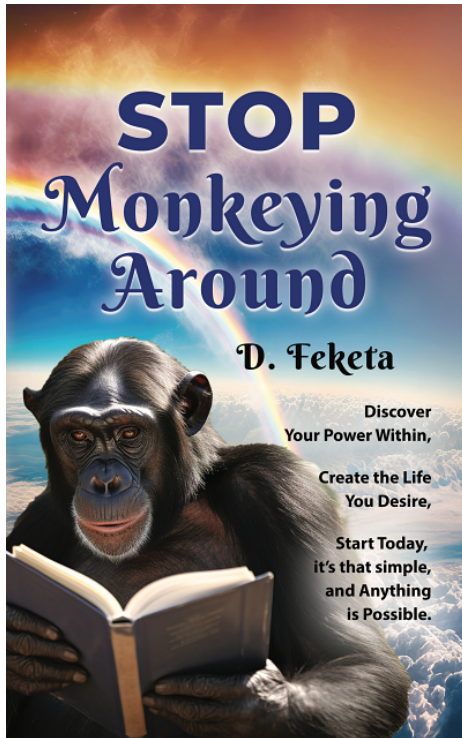
2. What physical changes can you make to create a more positive environment? Think about paint, wall décor, etc.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_



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