



EDUCATING YOUR ENVIRONMENT :

Your environment needs you to educate it.

You are surrounded by an infinite collection of people, places and things, each bombarding you with requests, needs, ideas and problems. They're all competing for whatever energy you have available, and they won't take no for an answer.

At least they won't until you learn how to educate them on who you are, what you need, and what they can and can't do. Then, your universe (these people, places and things) will begin to respect you and knock before entering, ask before taking and look before giving. This educating process takes time, willingness, selfishness and language.

Basically, we educate our environment all of the time. In fact, we have because we've either asked for it (knowingly or not) or we didn't know what to ask for so we got what was left, usually not so tasty. The educating of one's environment is a constant, natural and eventually effortless process, but it may take a while to re-educate the folks and things in your life on how you now want them to be or provide for you. And it will take time for you to access the exact language you will need to say what you want to say and to get what you need without having to strain yourself or the other person.

The best place to develop language is in the moment when something needs to be said. When someone is doing something that doesn't feel good or right, you must communicate immediately or forever carry the extra burden of your unspoken reaction.

The process of sharing with another person what you want, won't permit or need to hear is called "educating your environment". We have the right to tell others what they can and cannot say or do to or with us. This is called setting boundaries and requiring. If taken too far, it can lead to controlling others, but we'll assume you're not attending this presentation with that goal in mind.

In order to properly educate your environment, you first must know or decide:

1. What is acceptable to you in terms of another person's behavior?
2. What is not acceptable to you in terms of another person's behavior.
3. What you need from another person.

If you determine these for yourself, you will naturally start saying what needs to be said when it needs to be said, not after. But this will come only when you've decided who you are and what's okay and what's not okay. Until you do this, no amount of language will help you.

First define yourself, and then develop language. One of the benefits of having the language you need is so you can keep yourself Inventory-Free. That is, to leave every encounter with nothing unsaid, nothing stepped over, nothing un-requested and nothing not acknowledged or appreciated. You say what there is to say immediately when you sense it. With enough language, it is possible. It's even necessary for some people. But it first starts with a commitment to keep yourself empty of what are called withholds. Language gives you the words and the awareness to keep yourself complete, whole and empty.

Why is this important?

1. What is left unsaid gets in the way of the relationship.
2. What is left unasked-for is a missed opportunity.
3. When too much is left unsaid, corrosion results.

So anyone who is living a meaningful life simply cannot afford not to say everything. Saying everything is not the same as dumping, however. Dumping is not communicating; it's a form of venting or anger. Language is what we use to bring out our best as human beings. When language is missing, everyone misses out.

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