FREE 5-MINUTE SCAN

The Environment Friction Scan

Sometimes the problem is not a lack of discipline. It is the conditions you are trying to function inside. Use this check to notice what around you is making calm, focus or follow-through harder.

What is adding friction this week?

- [ ] **Noise or interruption keeps breaking my concentration.**
  I rarely get enough uninterrupted time to settle into what I am doing.

- [ ] **Visual clutter or unfinished tasks keep pulling at my attention.**
  My surroundings keep reminding me of things that are not done.

- [ ] **Notifications make everything feel more urgent than it is.**
  Messages, alerts or open tabs keep deciding where my attention goes.

- [ ] **Certain people or places keep me on alert.**
  I notice myself becoming more guarded, hurried or tense in particular environments.

- [ ] **My pace leaves very little recovery space.**
  One demand runs straight into the next.

If you recognise more than one, do not turn it into another reason to criticise yourself. Treat the environment as part of the system.

> *Ask “What around me is making the behaviour I want harder than it needs to be?”*

ENVIRONMENT FRICTION SCAN

Change one condition, not your whole life

Make one useful behaviour easier by changing one part of the environment around it.

1 Name the behaviour

What do you want to make easier this week? Focus, rest, writing, movement, sleep, conversation or something else?

2 Find the friction

What repeatedly interrupts, delays, distracts or raises the effort required?

3 Remove one obstacle

What can be silenced, moved, closed, shortened, scheduled differently or taken out of sight?

4 Add one support

What small condition would make the behaviour easier to begin or easier to repeat?

FINISH THIS SENTENCE

“I would find it easier to _____ if _____.”

GO DEEPER

The Human Habitat explores how home, work, relationships, pace, noise, expectations and culture shape how we feel and function.

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