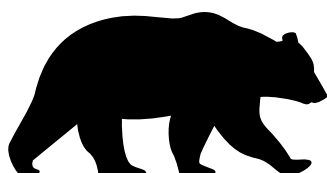


Step 4: Place



Optimising Place - Part 1

Guardians need the essentials sorted!. Things like shelter, food, finances and family health. They need to have stability and security for themselves and their loved ones.

Owing to the high body mass of a Guardian, they are adaptable to weather and external environments like wind; however, they do enjoy cooler climates without too much moisture in the air. Overheating can be a harsh stressor; fresh oxygen and circulating air helps avoid congestion.

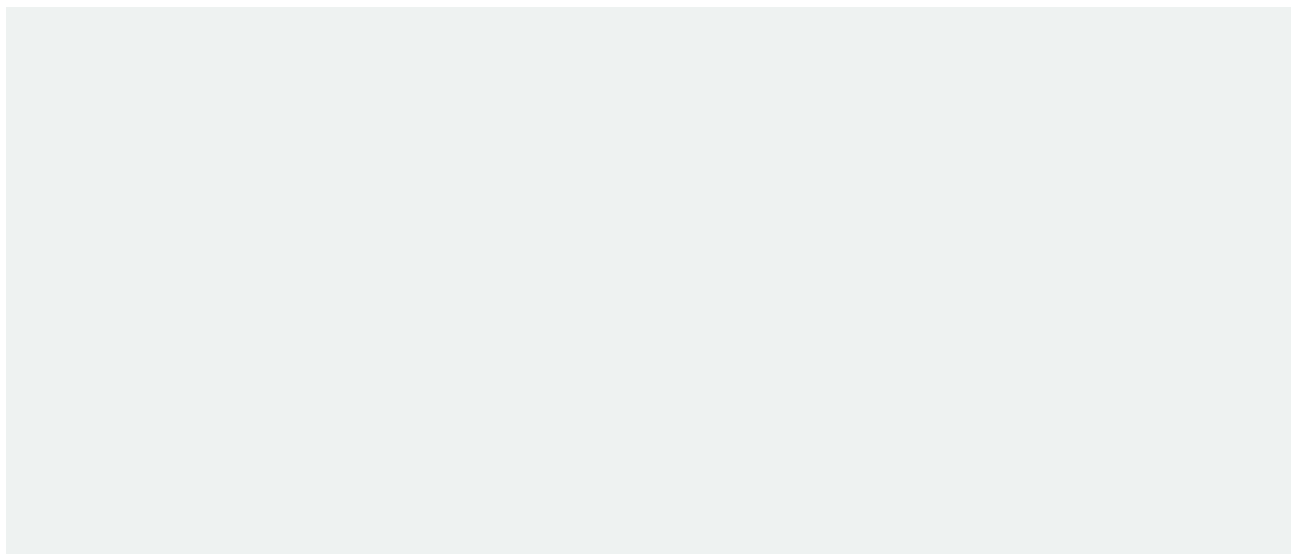
Guardians are pleasure seekers and often hoarders, so often their homes or work will be filled with ample supplies like food, stationary, gifts and memories. A Guardian can handle stress, emergencies and family dramas well so knowing they have the resources to care for others at hand is important.

A great way for a Guardian to relax might be:

- Eating - best to choose non-caloric foods like berries to reduce stress and calm the stomach
- Smelling good things - a mild incense or smell linked to something memorable like sunshine on the sheets or a newborn baby
- Spending time with well-behaved children - helps to engage the prolactin and relax the Guardian

Now take a look in Shae to discover your personalised recommendations for place.

The Insights That Best Describe My Ideal Environment Are:



Rate My Spaces: Give your current spaces a 'Support rating' from 1-5 on the following aspects where 1 is Poor and 5 is Perfect support.

	Sound	Light	Temperature	Smell	Safety	Security	People
Home							
Work							
Other							

My Home Space Is Most Supportive When:

I'll try to create more of this in my home space by:

My Workspace Supports Me Best When:

I'll arrange this by:

I Spend Lots Of My Time In

It can try to tailor this space for me more by:

I Can Best Optimise My Personal Space By:

I'm excited to try this by:

One Thing I Can't Change Much About My Space Is:

So I'll look at improving it as best I can by:

Strategies For Secure Living Spaces:

I Can Make My Current Spaces More Comfortable & Relaxing By:

Optimising Place - Part 2

My Best Week Of The Year To Rejuvenate Is:

I'm going to plan to really take care of my health at this time by:

I Most Enjoy Nature When I:

I Will Include This More In My Lifestyle By:

Do I need to WOOP again?

WISH: Consider the next period of time....what is your one dearest wish that you would like to fulfil and that would be possible in this time frame e.g. going to bed earlier, eating breakfast, doing some exercise. Make it challenging, but something that is possible to achieve. Write your wish down here.

OUTCOME: What is the best outcome that you associate with fulfilling your wish? How would it make you feel? Perhaps it's feeling strong or needed, being there for others. Take a moment to find the BEST thing about achieving your wish. Summarise that into 3-6 months in your mind. Now truly imagine it - how does it feel, taste, smell....? You can jot this down here too.

OBSTACLE: What holds you back from realising your wish? What stands in your way? Maybe its something inside you - an emotion, or behaviour, or self-talk, stubbornness, caring for others? Take a moment to reflect on this. Summarise it in 3-6 words below. Now, imagine that obstacle at it's fullest, what does it look like? Fell like? Sound, taste or Smell like? Jot it down here.

PLAN: What can you do to overcome your obstacle? Identify one action you can take or one thought you can think to remove your obstacle. Summarise it in 3 to 6 words in your mind. Now make an IF-THEN plan and write it down

If {obstacle} THEN I will [behaviour to overcome your obstacle].

IF

THEN I will