

THE ENVIRONMENT SHAPES THE MIND

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There comes a point in many of our lives when we feel the need to reset. Whether it's a full reinvention or a quiet return to the person we've always known ourselves to be, real change doesn't just happen in our minds. It begins in our environment.

As a professional home organiser, I firmly believe that the path back to your authentic self begins in your living space. A cluttered, chaotic home can make you feel disorganised, stuck or even overwhelmed. But a calm, curated environment not only reflects who you are becoming, it also supports the discipline required to get there. This is an important point because we often look toward the desired end result without planning for and committing to the consistent effort to get there.

According to neuroscientist Dr Andrew Huberman, building mental toughness and rewiring the brain for discipline starts by doing hard things consistently, especially the things we don't want to do. The truth is it's much harder to do the hard things when your surroundings are working against you. That's why a reset at home is not just helpful, it's essential.

Here are three daily behavioural shifts you can start making now to support your journey of reinvention. Each one not only builds neural strength but also becomes easier when your environment is aligned with your goals.

Reinventing yourself starts at home: reset your environment to build a disciplined life.

1. Start the day with intentional effort

Dr Huberman often speaks about "leaning into effort" first thing in the morning to prime the brain for focus and resilience. This could mean making your bed, tidying your space, or doing a brief movement routine before checking your phone. These small acts send a signal to your brain: I'm in charge today.

If your bedroom or home is filled with visual clutter, this simple step becomes a chore. A reset of your environment clears the visual noise and makes it easier to build that momentum first thing in the day.

2. Do something uncomfortable on purpose

Whether it's a cold shower, a walk before coffee or doing the most difficult task first, training your brain to embrace discomfort is a mental workout. Huberman calls this the process of building "mental muscle".

But discomfort doesn't mean chaos. It's easier to face hard things when your home feels like a sanctuary, not a stressor. Create an environment that reduces friction so your energy can go into personal growth, not just finding your keys or the other sock.

3. Commit to 10 minutes of discipline daily

The brain rewires through repetition. Just ten minutes a day spent tidying a space, clearing the kitchen sink before bed, setting out clothes for tomorrow, or doing an act of maintenance can build serious internal discipline over time. It's not about perfection, but consistency. Your future self will thank you for it.

I often see clients struggle because their homes are set up for reaction, not intention. You can flip the script through home resets and coaching that support the kind of daily effort that brings lasting change. I know it can be done because I've done it myself.