

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 1

Connection



Lesson 2:

Connection between Your
Vision and the Reality of
Your Home



Change Your Home, Change Your Life!

M1 LESSON 2: Connection between Your Vision and the Reality of Your Home

If you have not yet done so, please complete Lesson 1 first.

Go through your home, either in person or in your mind, look at each room from the perspective of yourself in your ideal future.

And now evaluate each room: On a scale of 1 to 10, where does this room currently stand compared to your vision of your ideal home?

1: hardly any resemblance

10: Your ideal home, the one you saw in your vision.

(Don't overthink, just go with the first number that comes up).

Entrance/Lobby

Kitchen

Dining Room

Living Room

Family Room

Den

Master bedroom

Child's bedroom

Child's bedroom

Guest bedroom

Master bathroom

Child bathroom

Guest bathroom

Attic

Terrasse

Balcony

Laundry Room

Basement

Pantry

Front garden

Back garden

Other Rooms:



M1 LESSON 2: Connection between Your Vision and the Reality of Your Home

Compare your numbers: can you see a pattern emerge?



For each room: what is working already? Why?

What were some of the best moments you had in each room?
How would you grade them on a scale from 1-10?