

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 2

Clarity



Lesson 1:
Clarify Your
Belongings



Change Your Home, Change Your Life!

M2 LESSON 1 Worksheet: Clarify Your Belongings

Clutter Clearing

The Flylady Method: <http://www.flylady.net>

This method works best when you want to be taken by the hand and guided along all the way step by step, day by day. There are no huge actions, but a baby step approach and a lot of habit-building.

The Konmari Method: <https://konmari.com>

This method suggests a clear-it-out-once-and-for-all approach. Once you keep only what sparks joy and have it well organised, you will keep it that way.

Clarity about your Belongings

- You do need to know what you have, because you want the impact your things have on you to be one of clarity, not of muddle (which happens, if you even don't know what you have!).
- You need to be able to see their quality - what they do for you and to you.
- You need to decide whether to keep them or to let them go



M2 LESSON 1 Worksheet: Clarify Your Belongings



Go back to the room you chose to work on in Module 1.

Climb on a chair (at your own responsibility!) and look around.

Lie on the floor and look around.

Take pictures of the room and look at them.

What do you see?

What is different about the room and the things in there when you change your perspective?

Now get to work, **anchored in the feeling you experienced in your ideal day, in your ideal home.**

1. Choose a small area (a drawer or a shelf). Empty everything in there onto a table or another surface large enough (you have to do that so that you can look at the things with that fresh perspective)
2. Take everything one by one in your hand, look at it and ask yourself: "Do I like the reason for bringing this into my home and for keeping it?" If the answer is YES, then put it on a 'Keep' pile, if the answer is NO or DON'T KNOW, then put it on another pile.
3. Go to your KEEP pile, again take everything and ask yourself: "Would I have this thing in my ideal home, in my ideal life?" If again the answer is YES, it goes back into the KEEP pile for good. If the answer is NO or DON'T KNOW, put it on the other pile.

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4. Go to your KEEP pile, again take everything and ask yourself:

“Would I have this thing in my ideal home, in my ideal life?”

If again the answer is YES, it goes back into the KEEP pile for good. If the answer is NO or DON'T KNOW, put it on the other pile.

5. Now go to the other pile, take everything in your hand and ask yourself:

“Is this thing helping me or making sense on my way towards my ideal life?”

If YES, then it makes sense to keep it and it goes into the KEEP pile.

6. If NO, then it makes sense to let it go.

If it is unclear, or you have trouble to let it go, put those things in a box, label the box with a date when you will go through it again, and let it rest for a while. On the date in question, do the same exercise again.

7. Post a before and after picture in the group and share your experiences!

Space for your Notes

