

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 2

Clarity



Lesson 2:
Clarity Through
Organisation



Change Your Home, Change Your Life!

M2 LESSON 2 Worksheet: Clarity Through Organisation

What is organisation?

Organisation is what makes things work for YOU in the most elegant (beautiful, simple and efficient) way.

“Organising is about designing your space so that it reflects who you are and what’s important to you and arranging things logically and efficiently so that staying organised will be easy for you.” J.Morgenstern (Organising from the Inside Out).

The Kindergarten Model

1. A room is divided into activity zones.
2. In those activity zones is that it is very easy for each child to focus on one activity at a time.
3. Everything needed for each activity is right in the corresponding zone.
4. Putting things away nearly as much fun as it is using them.
5. The room offers a visual menu of everything that is important.

Exercise

Go back to the room you chose to work on in Module 1 (of course, if that room is already perfectly organised, choose another one).

What are the activities you ideally want to do in that room?



M2 LESSON 2 Worksheet: Clarity Through Organisation

Do you have everything you need for the activity in the corresponding zones?



Is it easy to put things away?

Does everyone understand the system?

M2 LESSON 2 Worksheet: Clarity Through Organisation

Is everything needed for the activity at your fingertips?

Finally: the visual menu the room offers: without having to be a carbon copy of what you saw: does it carry the flavour of your ideal day, of your ideal home?

