

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 3

Confidence



Lesson 1:
How to start your
day confidently



Change Your Home, Change Your Life!

M3 LESSON 1 Worksheet: How to start your day confidently

Kickstart for your confidence.

Look at your wardrobe/closet: does it inspire confidence?

My wardrobe/closet inspires confidence, because (list all the reasons)

My wardrobe/closet will inspire more confidence, when ... (list the actions you can take to bring it higher on the confidence scale: wash it inside and out, fresh coat of paint, organise the inside etc.)



M3 LESSON 1 Worksheet: How to start your day confidently

Curate a wardrobe for confidence: pull out all your clothes and for this week put back only those that make you feel confident.*

Now you only have outfits in your wardrobe that make you feel confident! Snap a selfie each day and post it in the group. For a deeper reflection, fill out the worksheet for each outfit.

My outfit to make me feel MORE confident:

Monday: I'm wearing (write down your outfit), which gives me confidence, because (write down your reasons).

Tuesday: I'm wearing (write down your outfit), which gives me confidence, because (write down your reasons).

Wednesday: I'm wearing (write down your outfit), which gives me confidence, because (write down your reasons).



M3 LESSON 1 Worksheet: How to start your day confidently

Thursday: I'm wearing (write down your outfit), which gives me confidence,
because (write down your reasons)

Friday: I'm wearing (write down your outfit), which gives me confidence,
because (write down your reasons)

Saturday: I'm wearing (write down your outfit), which gives me confidence,
because (write down your reasons)



M3 LESSON 1 Worksheet: How to start your day confidently



Sunday: I'm wearing (write down your outfit), which gives me confidence, because (write down your reasons).

* What to do with all the clothes that don't really give you confidence: if there are things you won't let go of right away, put them in a box. At the end of the week, pull them out and work through them like we did in Lesson 1 of Module 2, "Clarity of your Belongings". And remember, the lens through which you want to look at your clothes is "confidence".