

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 3

Confidence



Lesson 2:
Trust Yourself



Change Your Home, Change Your Life!

M3 LESSON 2 Worksheet: Trust yourself

How to re-establish TRUST in yourself with the help of your home.

Anything unfinished is proof that you can't trust yourself... you didn't keep your word and your intention with which you started - that you would finish that thing! Note the difference between a current project (something that feels fresh, you are working on it, you have an aim and a direction) and something unfinished (there is a feeling of guilt, of 'should have', each time you look at it).

Exercise no.1:

Eliminate mistrust: take something unfinished and get rid of it:

I'm getting rid of (something unfinished that triggers the feeling of 'should' and guilt), because (note how this unfinished thing stands in your way to create your ideal home and life):



M3 LESSON 2 Worksheet: Trust yourself

Exercise no.2:

Re-establish trust. Find something unfinished in your home and finish it (make sure you finish it for the right reasons). How does this thing, once finished, support you on your journey towards your ideal life and home:

