

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 3

Confidence



Lesson 3:
Helplessness vs
Not-Knowing



Change Your Home, Change Your Life!

M3 LESSON 3 Worksheet: Helplessness vs Not-Knowing

How to understand the difference between helplessness and not-knowing something and how to become more confident so that you can let go of the first and be savvy with the second.

Exercise No. 1 to overcome helplessness:

Find something in your home that you didn't address because you didn't know how to or because you find it scary and commit to do it this week:

Exercise no.2:

Write down a part or a component of your ideal life that you are currently not living, because you feel helpless about how to get there.

In my ideal life, I (write down something you don't currently do, because you don't know how to do it) I'm not living it currently because:

But since I managed to ...

(what you did in your home that required courage or savviness),



M3 LESSON 3 Worksheet: Helplessness vs Not-Knowing

Although it was ...

(describe the difficulties you had to overcome)

I can also ...

(the next step you can take to overcome the helplessness that hinders you stepping in that part of your ideal life)

