

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 4

Commitment



Lesson 1: Focus



Change Your Home, Change Your Life!

M4 LESSON 1 Worksheet: Focus

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too.

All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way.” William H. Murray

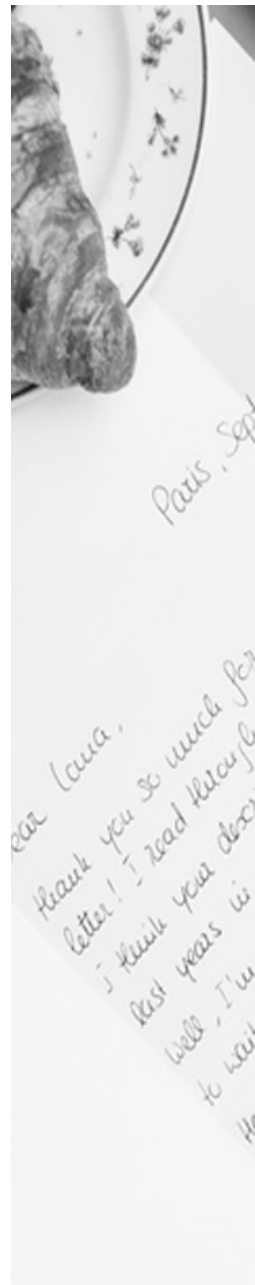
What do you want to commit to as the next step on your journey to your ideal life and your best Self?

For this Module we'll focus on ONE room. Which room is the most important for your commitment?

Start to explore the room's focal point:

Is it the right focal point? Right for your commitment, right for what you want to do?

On a scale of 1-10, how much does your focal point in the room help you to actually FOCUS on what it is you are committed to?



M4 LESSON 1 Worksheet: Focus

If it is the right focal point for the room and for your current life situation?



How can you make this room more focussed?

Does the focal point have the appropriate strength? A focal point can be too weak or too strong.

Please share pictures of your rooms and their focal points and what they do for you. The more examples you'll see, the clearer you'll get,