

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 4

Commitment



Lesson 2:

Lightness and Ease



Change Your Home, Change Your Life!

M4 LESSON 2 Worksheet: Lightness and Ease

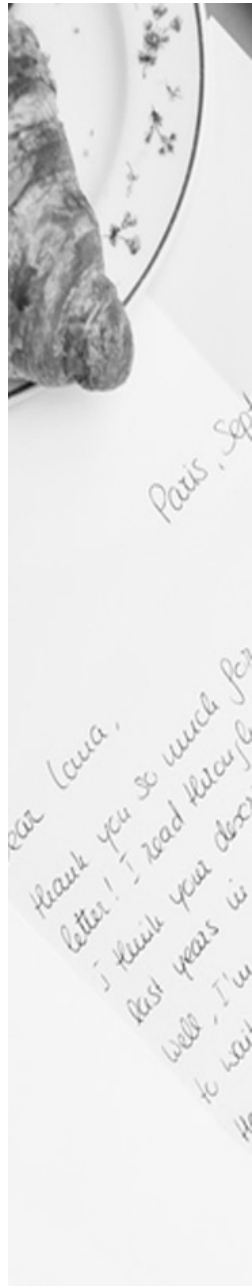
It is much much better to stay committed to something with a sense of lightness than with a sense of 'this has to be hard'. So let's see how you are going to create lightness and ease in a room which will help you to stay committed.

Please go back to the room you already worked on for your focal point. Ideally it's a room that is important for a commitment you have or you want to have from now on.

(It's important that you first create what is needed for you to be able to land in that room, so if you haven't done the lesson on focus, I would suggest that you do that first).

What anchors me in that room?

How do I feel held in that room?



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Now look at the room and imagine yourself being an ice dancer gliding through the room in a flowing chiffon dress.

Where in the room would you stumble?

Where would you bump into something because there is no space for you to glide along?

Where would your dress get caught in something sharp and edgy and tear and rip?

And now please think of what you want to commit to in and with the help of this room:

My commitment is ...



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On a scale of 1 - 10, where is this room in terms of ease, lightness, fluidity in regards to my commitment?

How can you bring this room one point higher?

