

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 4

Commitment



Lesson 3: Inspiration



Change Your Home, Change Your Life!

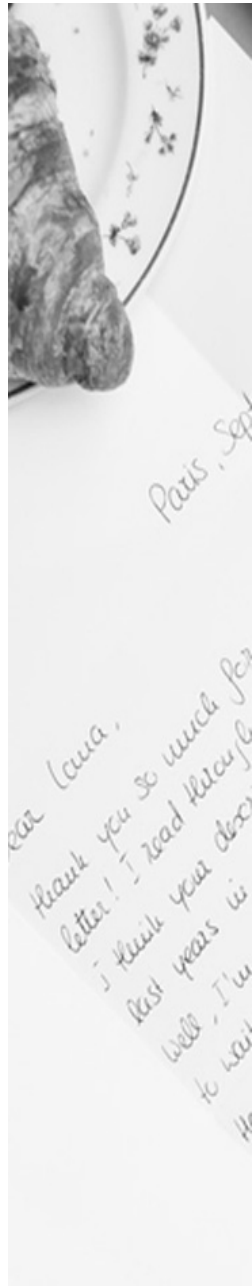
M4 LESSON 3 Worksheet: Inspiration

What sparks inspiration for you? (Everything goes)

Places that inspire you:

Going back to your ideal day in your ideal home (M1L1): what inspired you there?

On a scale of 1-10, how inspired do you feel when you think of your commitment?



M4 LESSON 3 Worksheet: Inspiration

What could you do more or better or different if you were even more inspired?



Fuel your inspiration! Go on a treasure hunt for your best things and commit this week to only use your best things (china, clothes, lingerie, towels, food, wine, perfume, candles)!

What did you find:

How does using these things make you feel:

Show us your beautiful things and let's inspire each other!