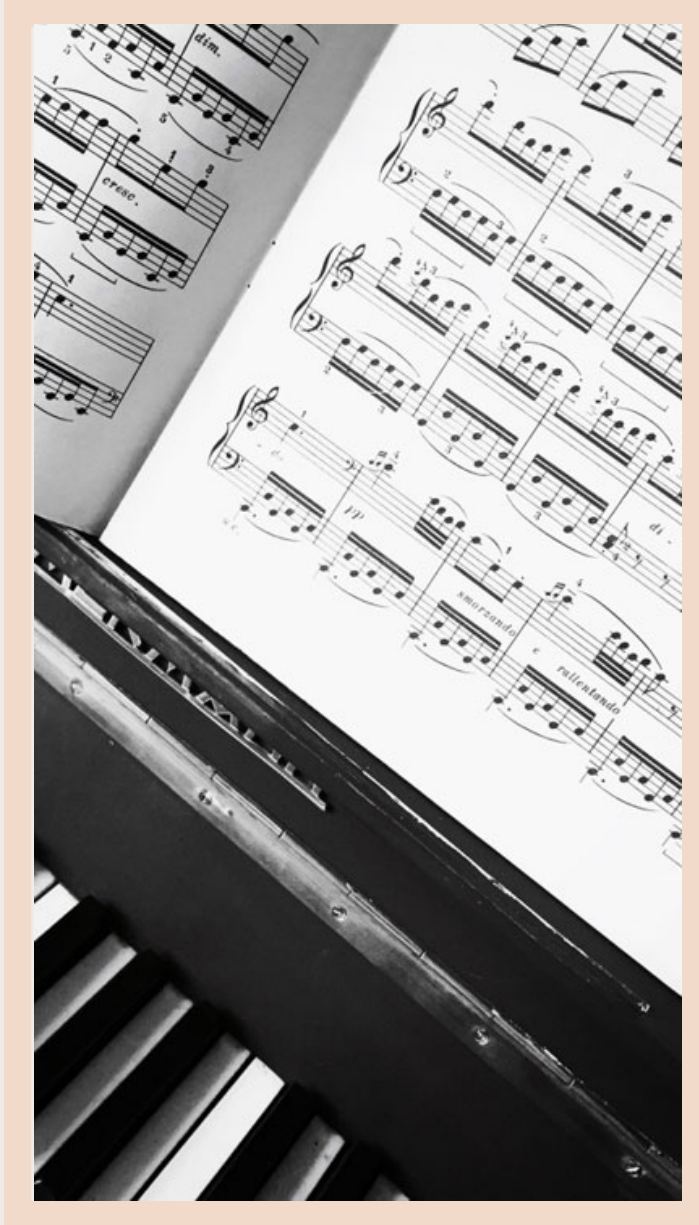


Elegant Alchemy

Life Coaching
with Rima Nouri

Module 5

Consistency



Lesson 1: Consistency & Habits



Change Your Home, Change Your Life!

M5 LESSON 1 Worksheet: Consistency & Habits

Habits as the way to your ideal life:

Habits to create, habits to reinforce, habits to let go of: write a list of all the habits you can think of that will get you from your current life to your ideal life.

Then read through your list and grade each habit as to its importance for your ideal life. (Example: drinking more water: 9; feeding my neighbour's cat: 2)



M5 LESSON 1 Worksheet: Consistency & Habits

Now rewrite your list again in order of importance for your ideal life. Start with the highest numbers and work your way downwards.



M5 LESSON 1 Worksheet: Consistency & Habits

Next gauge your home for each habit. My home is an ideal habitat for this habit on a scale of 1-10:

My next habit is going to be:

