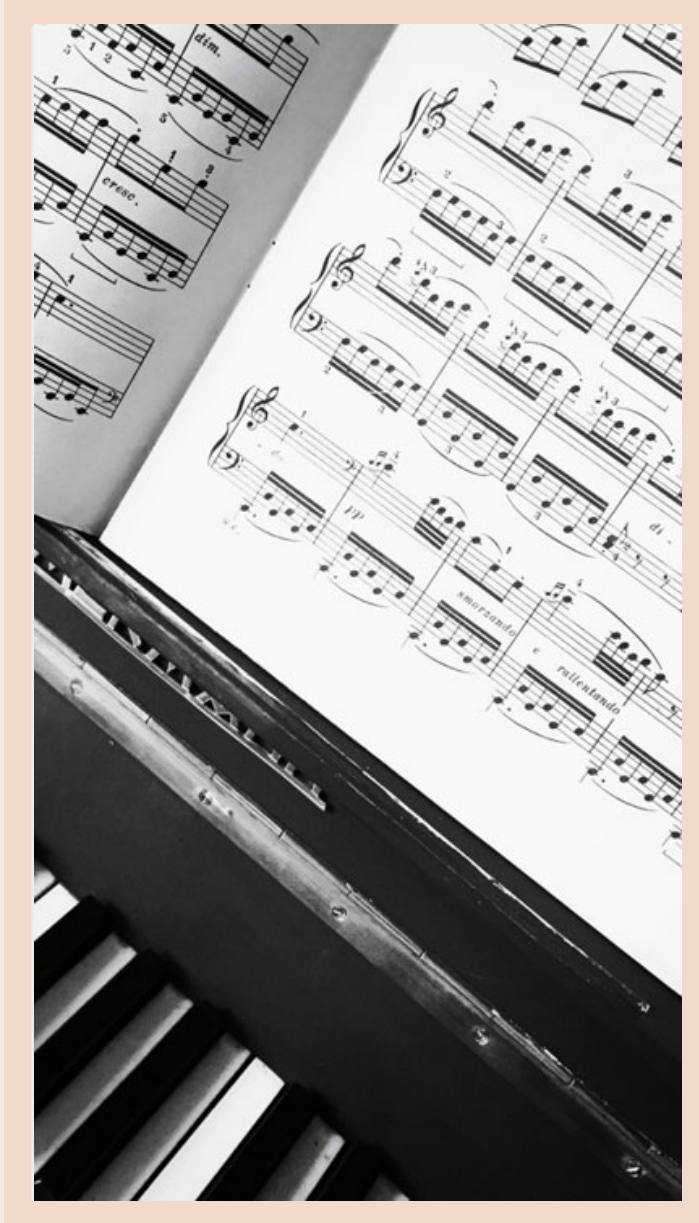


Elegant Alchemy

Life Coaching
with Rima Nouri

Module 5

Consistency



Lesson 2:
A Habitat for
Your Habits



Change Your Home, Change Your Life!

M5 LESSON 2 Worksheet: A Habitat for Your Habits

Your Habit in your Home

The habit you choose:

On a scale of 1 to 10: how easy is it for your habit in your home?

What would bring your home one point higher in terms of ease for this habit?

What in your home suggests that the habit is the obvious thing to do?
How much do you grade your home in terms of making it really obvious for your habit?



M5 LESSON 2 Worksheet: A Habitat for Your Habits

If your home was one point higher?

To which degree does your home make the habit really attractive?

If your home was one point higher, what would be different (in your home and for the habit)?

What in your home makes executing the habit really satisfying?
On a scale of 1 - 10?

How could you get one point higher?

