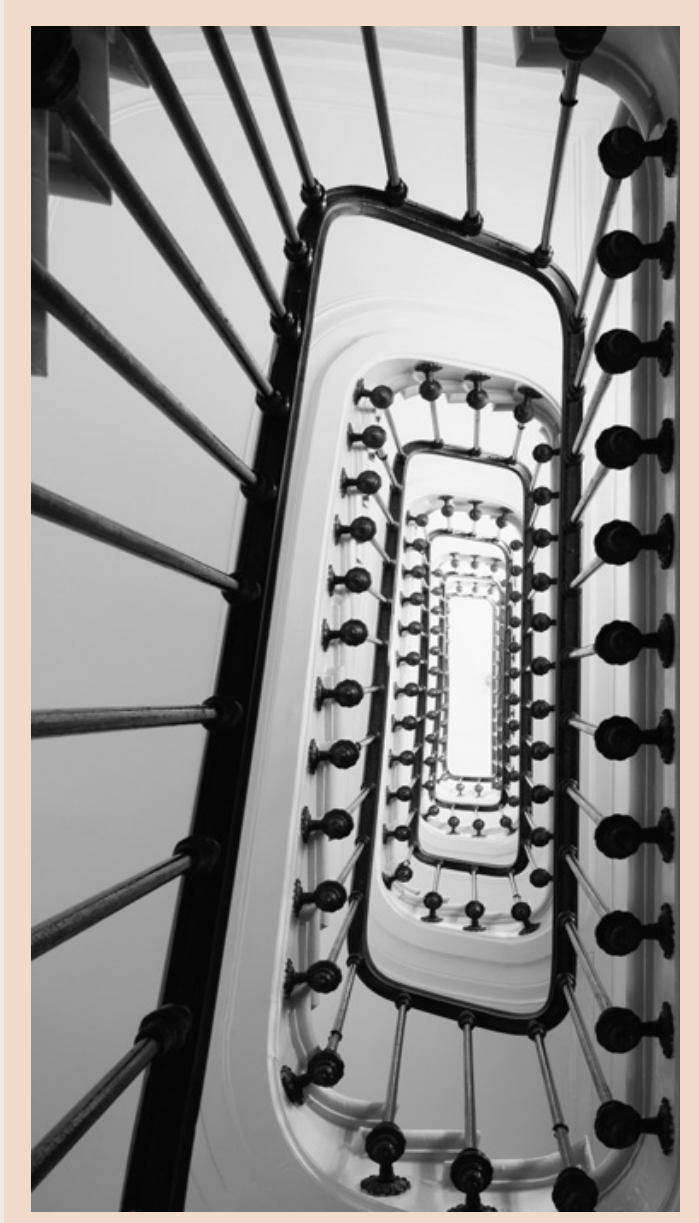


Elegant Alchemy

Life Coaching
with Rima Nouri

Module 6

Continuity



Lesson 1:
Setbacks



Change Your Home, Change Your Life!

M6 LESSON 1 Worksheet: Setbacks

How to deal with setbacks

Setbacks are an integral part of the journey. Here are 3 suggestions on how your home can help you with a setback:

Which setbacks do you want to be prepared for?

Which rooms are they connected to?

What can you do in this room to help you deal with or prevent a setback?

