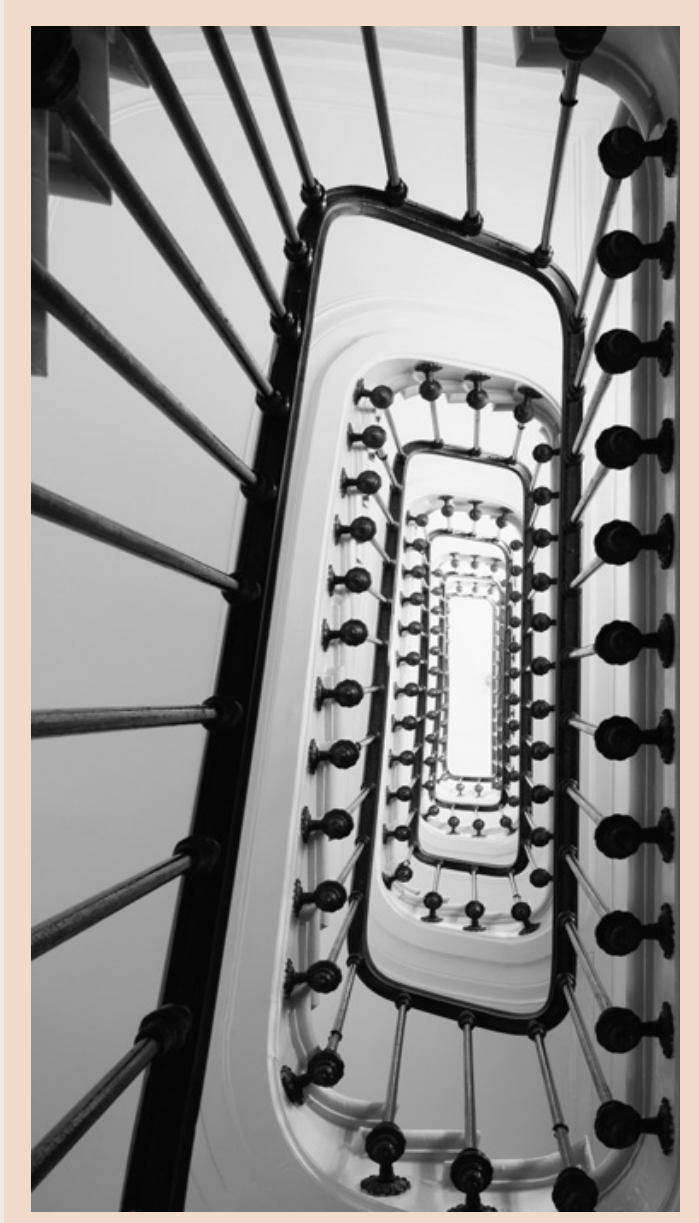


Elegant Alchemy

Life Coaching
with Rima Nouri

Module 6

Continuity



Lesson 2:
Progress



Change Your Home, Change Your Life!

M6 LESSON 2 Worksheet: Progress

Progress and the others

#Truth: “Just because someone gave something to you doesn’t mean that you have to keep it.”

Make sure that in your home you only have gifts and heirlooms that you absolutely adore. In other words: don’t allow others to take up space in your home - and your life - if it isn’t right for you. Because it undermines your energy, your self-esteem and your capacity to make progress.

Go through your home, point at everything that is a gift/heirloom and say out loud:

“I adore this, because it makes me feel.....”

If you have trouble doing this exercise with something, here’s your indicator that this thing in question might not be so conducive to your progress towards your ideal life.

