

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 2

Clarity



Lesson 3: Clarity in Your Decisions



Change Your Home, Change Your Life!

M2 LESSON 3 Worksheet: Clarity in your Decisions

Clarity in your Decisions

Decisions are a part of everyday life. It's really your decisions much more than outer circumstances that will keep you away or bring you into your ideal life.

How can your home support and improve your decision making? Lesson 1&2 of this Module already laid practical groundwork: when your home is streamlined, free from clutter and filled with things you have for reasons you love and which carry the flavour or your ideal life, they showcase your right decisions.

Exercise

What does your body tell you?

Please think of a decision you have to or want to make (preferably a small one to start with).

1. Now think of your decision and connect to the flavour of your ideal day. Now look at the things from your 'keep' pile from Lesson 1: how do they make you feel in your body?



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2. Most probably there will be a feeling of lightness, of warmth, of expansion of something that feels right. And now think of your decision, you probably have the choice between two or more options: which one does bring similar feelings, in your body, of expansion, of lightness, of warmth, of joy?

3. Did you get an answer as to your decision? Did you become clearer in your decision?

