

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 1

Connection



Lesson 1:

Connect To Your Vision



Change Your Home, Change Your Life!

LESSON 1: Connect To Your Vision

Please listen to the guided visualisation first, then answer these questions. Be very specific and detailed. You can't write too much! These notes will be the foundation for the whole course.

How did you feel waking up? In your body? In your mind?

What is different compared to how you feel usually?

How do you feel in your neck, your back, your belly?

What does your ideal bedroom look like?
(Size, decoration, colours, light, furniture, pictures).
What's the size of the bed? The colours of the sheets?



How would you describe the overall feeling that emanates from your bedroom?

Are there other people who share this room with you? If so, who are they? What do you share with him/her/them?

What is the view from your terrasse, balcony, or window? What do you love about this view? How does it make you feel?

How do you feel when you step into your bathroom? What are the best features in your ideal bathroom? What makes you happy about your bathroom? How does your bathroom make you feel as a woman?

Going into the kitchen for breakfast or something to drink: what is the overall quality of your kitchen? What kind of room do you see? What size, style, light, colours? What do you love best about your kitchen? What do you eat and/or drink in the morning? How does it nourish you?

Stepping into your closet or opening your wardrobe: what do you see? How would you describe the kind of woman just by looking at the clothes you see? What do you wear? What does your outfit say about you? How does your outfit make you feel?

Going into another room or rooms in your home - where do you go? What kind of room is this? What do you particularly like about this room?





How do you go to your workplace of your ideal work? How do you get there? Arriving at your workplace you read your name and your function at the door. What do you read?

Go inside. What does your ideal workspace look like? What's the size? What kind of equipment? What colours, the light? Are you alone or are there other people with you?

Outside people are talking about you: how you created a wonderful impact with your work? What exactly are they talking about?

Your workday comes to an end, you go back home. Tonight you have invited a few people to celebrate something. What are you celebrating? Who are your guests?

You give your guests a tour of the home. What do your guests say about your home? As you show them around, what makes you really really happy about your home? Take your time, show them everything, explain what works for you and makes you happy and listen to their comments.

Your guests have left, you go to bed with a grateful heart. What do you want to thank you home for?

Come back to today :), and now write very detailed, vivid notes. You will refer to them often.

