

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 2

Clarity



Lesson 3:
Clarify Your
Decisions



Change Your Home, Change Your Life!

Transcript M2 LESSON 3: Clarify Your Decisions

Clarity of your Decisions

Today we are going to look at decisions, and how to create clarity in your decisions. This lesson is following lesson 1 and 2 of this Module, so please do yourself a favour and complete those first, otherwise what we say here will make much less sense!

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, into your ideal home, and which will keep you there or not.

When you think about it, it is quite mind-boggling how many decisions we have to take on even the most ordinary of days. Heck, every email is a decision (open it or delete it?), if not several. (answer it or not, act upon it or not, delete it or archive it?).

No wonder that at times we are tired of decision making. There is actually a term for this, it is called decision fatigue. Decision fatigue, in a nutshell, means that the more decisions we have to make, the more tired we get of making them, which ultimately results in either avoiding decisions altogether, or it will lead to poor decisions and makes people more vulnerable to manipulation and in sales they are using that!

For example, you go to a supermarket, and unless you have a very clear list ("Butter, flour, sugar" and you know exactly where things are and you zoom through the aisles and you get your things in and out you are.

Which is not what is always happening, right? Usually what happens in a supermarket is that you will have to make many, many decisions, when you arrive at the cash register, you will most likely be in a state of decision fatigue. And this is why the overpriced candy bars are placed right there, at the cash register.

Given the vital importance that decisions have on your life, it is obvious that we are going to do what it takes to have your home support and improve your decision making, and hopefully lesson no.1 and 2. of this Module already gave you a taste of that.



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Now where decisions become really interesting is when we have to make decisions that are going to lead us into a new direction, a new place, in the country of the unknown, where it becomes a bit more uncomfortable. And there the vision that you have of what you saw and more importantly how you felt in your ideal life and home and Self will be invaluable!

Let's have a closer look.

1. Decision fatigue is a real thing: the more decisions you have to make, the greater are the chances to end up in decision fatigue or to make poor decisions or no decisions at all, in situations where the right decision would be crucial! So one thing to do is to limit the decisions you have to take on a daily basis, so that you save your decision making for when it really matters.

Clutter for example is constantly screaming at you to make a decision and really tires out your decision muscle in no time, that's one of the reasons why clutter is so mentally and emotionally exhausting.

2. The more your place is streamlined (that's what we did in especially in Lesson 2), the more it reflects your ideal home, the easier it will make your decision as to what to do in the place, correspondingly, what to do in and with your life.

3. If your place reflects your best Self and what is most important for you, it then mirrors and showcases your best decisions and then it will guide you in that direction, to more good decisions.

4. When your home is filled with things of which you love, and you love the reasons for having them, which are those you would still have if you had arrived 100% in your ideal home and life, or which are clearly helping you along on your way to get there - then you can really step into your responsibility of having them in your life: what I mean by that is that you own them.

In the deepest sense of the term, not just materially. And when you own what is going on in your outer world, well guess what effect this has on your inner world? Because what you ultimately want to happen is that you want to own your decisions, that is how you are stepping into your power, into your true power. Where your decisions come from who you are and who you want to be.



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5. Owning something, a decision or anything else for that matter, there is a great tool for practising that: What does your body tell you? Which brings us to our practical exercise for today:

Practical exercise: Please think of a decision you have to or want to make .It would be preferable if you didn't start with a huge thing like: shall I have a baby or shall I get married or shall I change my job or something like that, start with something smaller, we are practising here.

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?

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?

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

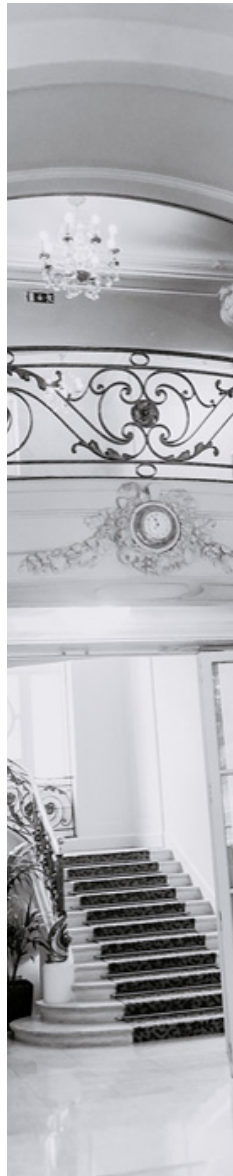
If so, great!

But sometimes, it takes a little bit more to come to the right decision.

If you can, one way would be to postpone your decision a little bit and to continue to create clarity in your home, what we did in L1&2 of this module. By practising clarity in your home, you are sharpening your decision-making abilities in your life, and you would not be the first one for whom suddenly the question of whether or not to buy a new car or to have a cat becomes clear after clearing out the tool shed!

But if you have to make a decision right now, and there is no time, then this is what I would invite you to do: become aware of how you feel in your body, connect to how you feel in your ideal life and then take your decision from there and just go for it.

There is anyway no guarantee for you to get it right 100% of the time, anyway. The more you practice connecting to and living from your ideal life, the more it'll happen.



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Fear of decision making will not get you there, and even a not-so-great decision is better than no decision at all, because at least you will have made a step forward and owned it. And when you are making right decisions in your home, your life will get it- sooner than you might think.

This was Module 2 on Clarity. Have fun practising, do share your questions and your finds and your pictures in the group.

Have a very beautiful weekend and I'll see you next Monday, where we are going to step into confidence!

Au Revoir, my dear ladies!

