

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 3

Confidence



Transcript Lesson 1:
How to start your
day confidently



Change Your Home, Change Your Life!

M3 LESSON 1 Transcript: How to start your day confidently

Bonjour ladies, welcome to to a new module!

This week we are going to explore confidence, which is together with clarity one of the main qualities women feel they are lacking or not having enough of.

Let's have a look at what ladies share when we talk about confidence.

"I want to close the gap between what I 'should' do, the perception of what others will think of me vs. what I'm truly content with."

"How can I build my confidence not based on the opinion of others and not based upon my physical appearance?"

"How can I have the confidence to not feel guilty about making choices that feel right for me but may not resonate well with others?"

"Confidence in my choices and preferences, and how can I have confidence in myself, so that you will actually follow through?"

Given the importance of confidence: how can you home help you to grow your confidence?

Confidence is not one big chunk. We all have vastly different levels of confidence depending on the subject, the context or the situation.

Confidence is not a fixed supply that we got or not at birth! It is something that is alive in all of us right now, and to which degree we want it to be alive is actually in our sphere of influence.

We might at times feel that life's knocked all our confidence out of us; I certainly know that feeling, but: the good news is that confidence can be (re)learned, (re)grown, chosen again and again, practiced in the smallest of steps and – the most beautiful – it can be given to us by others!

This is why I encourage you again and again to share in the group, to cheer each other on, to support each other, because the more you give someone confidence, the more your own confidence will grow, try it.

So your interaction here, in the group, with the other Elegant Alchemists is really what will make your own confidence bloom!



M3 LESSON 1 Transcript: How to start your day confidently

Let's go into action with your confidence!

The problem that women often have is that they feel they need to 'deserve' confidence. As in: if you have already had success in something, if you have already proven that you deserve confidence, then you may have confidence.

It's easy to feel confident in that case. You've done it before, you know you can do it again, and even if something goes a bit wrong, you have confidence that ultimately you can do it.

A stupid little example: I love cooking and baking and have made I don't know how many cakes in my life and who says cakes, says eggs. So I have probably separated thousands of eggs in my life, and so I am 150% confident that I know how to separate an egg.

And still, sometimes it goes wrong, for whatever reason. But that doesn't shatter my confidence in the least. I would really have to mess up 100 or 200 eggs before I would start to believe that maybe I can't separate eggs any longer.

So I have sufficient proof that it will work. Now that was just a little example

Now think of something you feel completely confident about, something you just know you can do in your sleep: maybe you can write some informatics code or meditate for 8 hours in a row or sell something or educate a dog or keep a group of children happy and occupied or run one kilometer in less than 5 minutes or play a Chopin étude or whatever.

Experiencing confidence in that way is very agreeable – but it won't necessarily grow you, it won't grow your confidence. It's like with weightlifting – in order to grow your muscles, you need to lift a certain weight. If you lift just your computer mouse, not much will happen



M3 LESSON 1 Transcript: How to start your day confidently

So confidence is the road that builds itself whilst you walk on it. But obviously you need to take the first step. And this is what we are going to look at now with the help of your home.

You are going to start your day from now on with confidence. How are you going to do that, how is your home going to help you? Let's start with your wardrobe or your closet.

Go to your closet or wardrobe and look at it. Does it inspire confidence from the outside? If yes, wonderful, then become clear why: why does your closet or wardrobe inspire confidence? Maybe it's new, it's shiny, it's very ordered, it's the exact right size, it's the right colour, you feel confident that you'll find everything in there...

For whatever reason, look at your closet or wardrobe and determine if it inspires confidence, and if so why, and if not: what is needed to make it feel more confident?

Maybe it needs a fresh lick of paint, or maybe you just need to wash it inside and out, maybe you need to buy some hangers, so that you have a uniform row of beautiful wooden hangers instead of those flimsy ones from the dry cleaners? Maybe you need to buy some boxes to get in more systems?

Whatever it is, look at your wardrobe or closet through the lens of confidence. Because what you want when you start your day is to start your day with confidence, and your clothes, and the container (wardrobe/closet) is the place to start.

Then look at your clothes, and here you can do a clean sweep: pull out all your clothes, put them back and ideally keep only those that really make you feel confident when you wear them.

If there are clothes you are not sure about, by now you know what to do, you put them in a box, you repeat the exercises from Module 2.



M3 LESSON 1 Transcript: How to start your day confidently

But for a while, let's say at least for this Module, just live with only the clothes that inspire confidence. You have nothing else in your closet or wardrobe, ok? (I don't say you have to throw the others away. Just for this week).

And then, every day you get dressed, you only have clothes that make you feel confident! And of course, to make sure that you are REALLY going to feel confident, I'm going to ask you to post a selfie here in the group, during this Module and during the whole course if you want!

But at least during this module: post a Selfie in the group with an outfit that makes you feel confident. Have fun and I'll see you in the next lesson. Bye!

