

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 3

Confidence



Transcript Lesson 2:
Trust Yourself



Change Your Home, Change Your Life!

M3 LESSON 2 Transcript: Trust Yourself

Bonjour dear ladies,

Welcome to today's lesson. We are going to dive into the topic of trust.

In French, "confidence" means "confiance". And interestingly "confiance" means also "trust". And we're going to look at how your home can help you to trust yourself more.

Because when you think about it, really, you can't have any confidence or self confidence without at least some level of trust. You need that to give you the confidence to move forward to do the crazy things life asks of you like moving to another country, or continent, or having a baby, or getting married, or creating courses.

Now, the question here which interests us is : do you trust yourself?

Chances are yes and no, right? In some cases, you certainly trust yourself, I'm sure. In others, maybe not so much. You have probably some experiences from the past, where you were less than brilliant, let's say, and you have from those experiences drawn the conclusion that you can't be trusted. Now, since we are humans and all have done things which were less than elegant, all these things probably fed into the belief that you can't be trusted in many ways. Probably for some of those ways, a constant bad mouthing is happening - maybe right now at this moment

So what we are going to do with this lesson is we are going to start to re-establish trust in yourself - and that, with the help of your home, naturellement!

We are going to do that in two ways:

We are going to eliminate mistrust and we are going to create proof that you can trust yourself.

So what in your home is proof that you can not trust yourself? What in your home is proof for mistrust?

Any ideas?

Well, it's anything unfinished.

Now, those of you who have been working with me in the past know that everything unfinished is a sort of pet-peeve of mine, because it's really an energy vampire; it sucks off the energy of people, anything unfinished around them. But you know, each time people hear me say that for the first time when I talk about anything unfinished, they go like "Oh my God, what is she talking about, I have many unfinished things in my home, like I mean, I have been, I don't know doing this art project, or started a puzzle, or started to knit a sweater or, oh my god. No"

So let me explain to you before we go any further the difference between something unfinished and a project which is current, which is "en cours".



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Completely different energy, completely different feeling.

With a current project, there is a freshness of energy; you know when you are going to continue to work on it. You have a clear direction, you have a clear intention. Even if it's hard and you want to tear your hair out or bang your head at the wall, there might be things you still need to figure out to get going, but it's current. You are at it; you know when you will get back to it and you know that you'll finish it.

Anything unfinished on the other hand, has that sort of murky quality of "should". Or, even worse, "should have". It's a feeling of guilt associated with it each time you look at it. Whether it's conscious or unconscious, it's that "I should have read that book", "I should have sewn that button", "I should have written that letter", "I should have handed in that resignation", or whatever it is.

Now, why is anything unfinished proof that you can't trust yourself? Well, simply because when you started it, it was with the intention to finish it, right? So with everything unfinished, even if it's only a small thing, you sort of broke a promise, whether conscious or unconscious, big or small.

And that is, amongst other reasons, why unfinished things are such a huge energy vampire; they constantly send you the message: "you didn't do it". They scream at you (again, you might not even hear it anymore, but that's what they do) to make a decision, to finish them, to do something. In that respect, they are like clutter, but they are worse, because this unfinished thing, you started it. So you own it even more, the effects on you are even bigger.

So, your first assignment: eliminate one unfinished thing in your home. Yes, you have one, I promise. Just go through your home and you will be amazed how many you actually have. I'm doing this exercise regularly and I still am shocked each time with how many unfinished things I find when I start to look for them.

Find one which is easy and throw it out, finish it. And by "finishing" I mean for the first part of this exercise, get rid of it, get it out of the house. It's one thing less you look at and you have to think "oh my god, I really should have". Okay? So this is the first part of the exercise, of course snap a picture and show us what you get rid of.

The second part:

Finish something. Make sure it's a small thing. It can be something as small as sewing a button or changing a lightbulb you want to fix or finally finding those last 10 receipts for your tax declaration or something like that. But: before you finish it, go back and think: do I like my reasons for finishing it? If not, you may finish it by throwing it into the bin!

But if you like your reasons, if you have chosen something that, when you finish it, will bring you closer to your ideal home, to your ideal life, to your best Self.



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When you have finished it, you have created an anchor for trusting yourself more:

Each time you look at that finished thing you can tell yourself: I did it. I am trustworthy. I am keeping my word. And you are going to grow your confidence that whatever you set out to do, you are actually going to be true to your word. And believe me, when you are surrounded by things that tell you “you actually do what you say you are doing”, that is quite contagious for all the projects in your life. And later that week, I’m going to share how that actually worked for me!

So, do post in the group one thing you threw out and one thing you finished, and share with us how that made you feel. Have fun, and I’ll see you in the next lesson. Au Revoir!

