

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 4

Commitment



Transcript Lesson 3:
Inspiration



Change Your Home, Change Your Life!

M4 LESSON 3 Transcript: Inspiration

Bonjour Dear Ladies, welcome to lesson 3 of our module on commitment. We started this module with focus and we are going to end it with: Inspiration

Lesson 2 actually overlaps a little bit with today's lesson since ease and lightness foster inspiration, of course.

How is inspiration linked to commitment?

It is much easier and much more fun to stick to a commitment when you are actually inspired to do so! And if your outer world is bleh and boring and uninspiring, then your inner world has a hell of a hard time to stay committed!

So today we are going to infuse some inspiration into your home and into life and I probably oughtn't say that, but it's really one of my favourite lessons!

Let's have a look first of what inspires you? Which feelings spark inspiration? Or: which kind of inspiration sparks which feelings for you? (That made sense for me! I hope it makes sense for you too).

For me for example it's the feeling of beauty and luxury. It's what I'm infusing into my whole house. Please note that I said feeling: I'm living in a small house with a small garden, not in Versailles.

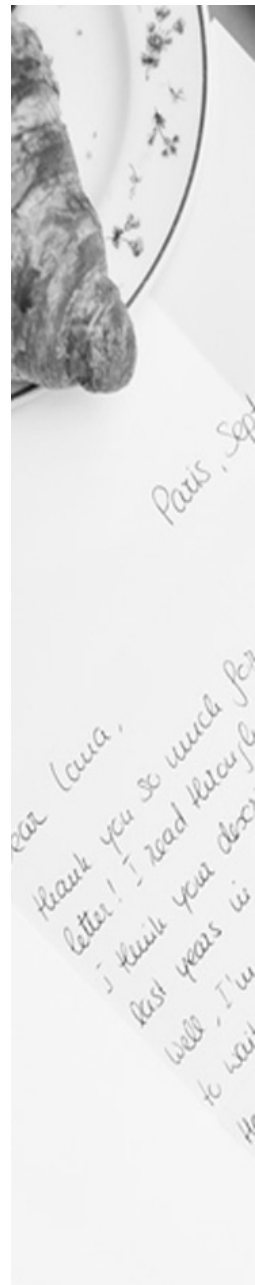
I have a minimalist, modern rather than a lavish baroque furniture. But the feeling I created and am still creating in every room, in the garden (those of you who follow me on Instagram, you know that) is one of beauty and luxury, because then I feel happy, I feel held, I can spread and I feel connected to my essence with ease and lightness.

Whatever inspires YOU is of course highly personal. No right or wrong. It is yours, it's your jardin secret. Not other peoples, not even your past Self! Not what you feel obliged to. Whatever you are inspired by right now is the right thing.

So, please take your worksheet:

First let's have a look: what inspires you? Write everything that comes to mind, anything goes. The longer the list, the better! You want to have something to come back to on those days, which happen, when we feel utterly uninspired.

Then, if you haven't included them in your list already, write down places (homes, buildings, houses) that inspire you. It can be a museum, it can be a friend's house, it can be something you saw in a magazine.



M4 LESSON 3 Transcript: Inspiration

OK, by now you should be well filled up with inspiration, now let's look at your commitment:

How inspired are you? Think and feel the kind of inspiration that is connected to your commitment. You can also do the exercise on a scale of 1 - 10, how inspired are you with your commitment?

What could you do more or better or different if you were even more inspired?

Your ideal life, whatever that is, is one that is filled with inspiration. So today's exercise is one that will catapult you into that, that will inspire you to give yourself more, to go for the bigger idea, to think outside of the box, and feeling really that energy of inspiration coming from your home.

How are you going to do that? You are going on a treasure hunt in your home and pulling out all the good stuff you have and don't use, or don't use regularly.

Do you have several sets of china? Two sets of cutlery, the ordinary one and the silver. Or these wonderful sheets you have been saving for a special occasion, or lingerie (probably you have more than two sets, so the good ones, you saved for that special moment) or maybe a beautiful bottle perfume. Or stationary. A beautiful candle. Or maybe a special wine or a special soap or a special gift voucher? Or that vase that hasn't seen flowers since your last birthday. I assume that by now you are already wearing your best clothes on a regular basis. Open that boite of foie gras.

The moment is now: treat yourself to the best you have. Maybe in the past you would feel guilty about it - seemed indulgent or wasteful or too luxurious.

This is your homework for this module, so you can blame it on me: you are under order here, ok? Use the best you have already - no need to go out and spend a ton of money. Just go hunting on what you have already in your home to fuel your inspiration. Connect it to your vision. In order to make your life more special, you need to create special things (commitment, remember?) and for that you'll need to make your everyday more special.

If ever there was a moment to share what you have found in the group, it is now. It doesn't matter what it is! What matters is the feeling of inspiration you get from it. Inspiration nearly always comes from something you have seen someone else doing, so do share your inspirations, you will give forward big time! Let's inspire each other!

Above everything, have fun! Thank you and have a beautiful weekend, my dear ladies, and I'll see you on Monday for the next module!

