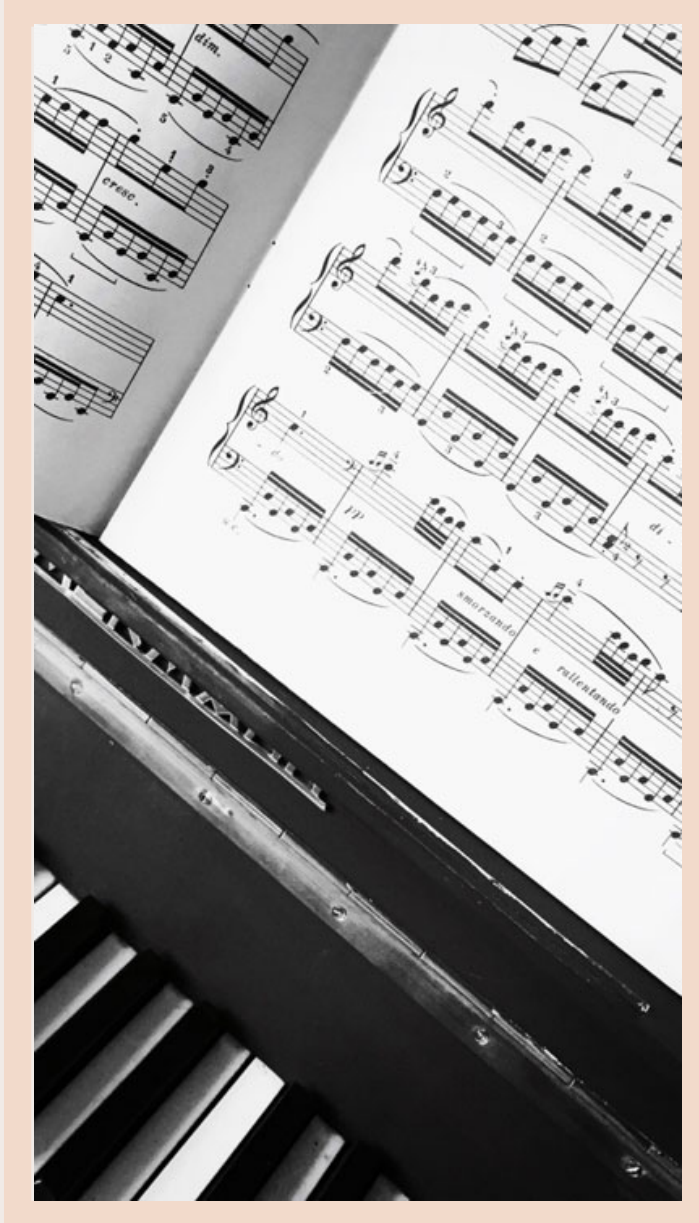


Elegant Alchemy

Life Coaching
with Rima Nouri

Module 5

Consistency



Transcript Lesson 1:
Consistency &
Habits



Change Your Home, Change Your Life!

M5 LESSON 1 Transcript: Consistency & Habits

Change your home, change your life! This week, we're going to look at consistency. Maybe at the beginning of this course, when you read through the list of the Modules, you have been wondering – how on earth your home is going to help you with consistency.

Well, I trust that by now you know that your home can help with everything, thus also consistency. And it's a safe bet that on your journey to your ideal life, there will be things that you will need to do consistently and repeatedly.

Yes, we are talking about habits. Habits are intrinsically linked to consistency. Keeping up habits is not always so easy, as we all know. When you come back from a workshop or a course or your holidays or maybe it's your birthday or January 1st, you're all fired up and say, "This time, I'm really going to ... fill in the blanks.

When it comes to habits, a lot has been said about self-discipline and willpower and motivation, but as you will discover in this module, habits are very much like sentient beings. They thrive first and foremost when they are in the right environment.

Acting differently is so much easier when you are in a different environment. We all know that experience from travelling or being on holidays and suddenly you manage to do things that are really, really next to impossible at home. You maybe hopefully already made that experience in this course since you have started to transform your home. And suddenly, things, new habits start to emerge.

So this week we are going to look into how your home can become a habitat for new habits – excuse the pun.

Please go back to Lesson 1 of Module 1, to what you saw in your guided meditation. Take a few minutes to read through your notes again and to reconnect yourself to what you felt in that guided meditation, felt in your ideal life, your ideal home. By now, that exercise has hopefully started to become a habit in itself!



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Now think about the person you were or rather you are going to be then (in your vision) and in her life, and the person you are now and your current life. Which habits led you from the current state of affairs to the ideal state of affairs? Because one thing is sure: you will not get from one to the other without habits!

Now please take your worksheet and note all the habits that come to mind which will get you closer to your vision. Just do a braindump basically. Anything goes, from eating apples in the morning to morning run to filing the receipts for your taxes as soon as they enter the house to removing your make-up religiously in the evening to watering your plants ...you get the idea.

Give yourself some time to really find all the possible habits. You can also ask in the group and exchange with the other ladies.

Once you feel that you have a comprehensive list of habits, look at them and on a scale of 1 - 10, rate them in how important are they for you to advance on the road to your ideal life: 1 - not important at all, 10: absolutely vital and crucial. And again, I've said that before: don't look at those habits when you grade them with the sense of "I should" and "have I got" and "I haven't got already" but immerse yourself in the feeling of your ideal day, your ideal life and grade from there.

Once you have graded them all, rewrite that list, starting with the highest ranking ones and working your way downwards. For example, "Drinking 2 litres of water per day" = 9, that's the highest. So, you start with that one and then write down all the habits until you arrive at "Feeding my neighbours' cat" = 2, okay?

Now, just to make it clear when we talk about habits in this module, it's not only a new habit that you need to or want to acquire. It can as well be an old habit you need to let go of or an already existing habit you want to reinforce. All those possibilities are covered when we talk about 'habit'.

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Now, look at your home through the eyes of each habit: how hospitable an environment is your home for each habit?

Let me explain that with an analogy: think of yourself as an architect in a zoo. Your habits, what you do in life are like the species in the zoo. It is like your ideal life. So, when you look at your habits or some of your habits, I'm sure that the analogy of a zoo does not look far-fetched. ;)

Now, the director of the zoo (that is your ideal Self) has decided to have several specific kinds of species in the zoo. And as the architect, it's your job to build an ideal habitat, environment for your species. A gorilla, for instance, doesn't have the same needs and preferences as a polar bear. The better the environment is adapted to the species, the more the species will thrive and live and multiply.

So, what species is your new habit? What environment will it thrive in?

So, look at each of your habits and grade your home: on a scale of 1-10, what's the quality of your home for that habit?

You can help yourself with qualities of the other modules we went through: confidence, clarity, focus, connection etc. Let's take the example of drinking water. How easy is it to drink 2 litres of water per day? It might give you a 4 or 5 because you already have, I don't know, a water filter but you don't have enough water bottles everywhere. Just an example.

And that's quite an insightful exercise when you do that for every habit. Because you might discover that your home is already ideal for certain habits, and remember habits can also mean that you go off a certain habit you don't want any longer. Or maybe you find that your home is ideal for certain habits but those habits are not really that important. And it's much less hospitable for habits you really, really want to reinforce or acquire.



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Once you have done that, in preparation for the next lesson, choose one habit please. It doesn't need to be the first one on the list, it doesn't even need to be a very big one. Actually, it's preferable to start with a small one, but it would be good if it were one where there is some return on investment, meaning that for your ideal life it might yield more results. If you drink 2 litres of water a day, then it will give you more results than feeding your neighbour's cat.

Now, I can already hear some of you saying, 'but Rima, you don't understand. I need to change my eating habit and I need to work out more and I need to learn French and get my finances in order and I'm so behind on this online course...and, and, and'. Please stick to one habit for now.

If you are trying to do everything at once, very soon you will be in a much worse state than today, believe me. You now have your list to come back to whenever you want, your ideas are not lost.

But if you focus on ONE habit, and what is more on a SMALL one. If you do that, you are actually putting all the chances on your side to actually make it happen. You'll see traction, you'll see progress (which we are going to discuss more in next week's module). You'll get used to focus plus you'll have more confidence because it's small. You'll see quicker results and you're more likely to do it...you get the idea. ONE habit, okay?

So, what is it? What is the next small routine or habit that is going to bring you closer to your ideal life? Before you start on Lesson 2, decide on one and put it into your worksheet and write.

And in lesson 2, what we are going to do is look into detail – how you can transform your home in such a way that it makes your habit want to stay for good. Enjoy!