

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 1: Connection



Lesson 2:
Connection between your
vision and the reality of
your Home

Transcript



CYHCYL

Lesson 2: Connection between your vision and the reality of your home

Bonjour ladies and welcome to Lesson no. 2 of our first Module in CYHCYL!

How are you today? If you haven't had a chance to complete Lesson no 1, please do yourself a favour and do that first! There is really a reason why you are asked to do the lessons in sequence, and especially Lesson 1 is really the foundation for this whole program!

So complete Lesson 1 thoroughly before you do anything else. If you do nothing else for the whole course, you will have already gained so much!

Now, assuming you did finish Lesson 1, today we are going to move into Lesson 2: the connection of your vision to your current reality. We do that because when you go on a journey from A to B, you need to know where A is and where B is. A is your current reality, B is your vision, and you want to have a very clear idea of both of them.

Yesterday, I mean in lesson 1, I talked about the taxi and how you need to be clear where you want to go. That's exactly what we are doing today.

How do we do that? How do you look at your current reality? Well, you do that the elegant way, the way we are going to do everything I invite you to do from now: look at it from the standpoint of your ideal life.

Like if you were already the person you saw in your vision. You see when you want to change your current life and move towards your ideal life, it is not enough to just do something. You must also change how you do it.

Meaning that you anchor yourself as the woman you want to be (and that means anchor yourself in the vision you had in lesson 1) and then look and act from there. From that place of clarity, of abundance, of purpose, of joy. Does this make sense?

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Here is today's assignment: make yourself a cup of your favourite beverage, sit down and take a few minutes to read again through your notes from Lesson 1, and really get back into how that made you feel.

That's really important, because now you're going to look at your home as it is. And the one thing you do NOT want to do is to start calling yourself names because the sock drawer is a mess or getting frustrated at the colour of your walls, or starting to get really angry at the other people in your home because they mess up your sock drawer, or whatever.

You want to look at your home through the eyes of the person you want to become, as if you were there already, and you look at your home and say "Oh, ok, this is how it is, and now I'm going to transform into the home that is my ideal home."

Very calmly, without all the drama. Now, take your worksheet and go through your home, either physically, or in your mind, and evaluate each room:

On a scale of 1 to 10, where does this room currently stand compared to your ideal home? Again, we are less talking about the space or the design, but more about the feeling, how this room feels, how does it make you feel. Where does it stand? Don't overthink that, just go with the first number that comes and write that down. Do this for every room in your home. It's not surprising to have vastly different numbers for the different rooms in your home. Maybe all your public rooms like your living room or your entrance are perfectly spic and span and are 8 or a 9, and your private rooms are much lower.

Or the other way around. Or maybe the rooms you share with clothes are really good, and your own private room is much lower (that would be me)

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Or maybe all the rooms you use on an everyday basis are great, but your attic and your basement are... not so great.

Whatever it is, it is a really interesting exercise to look at, because it tells you a lot about what is going on in your home. Of course, the really interesting question that holds a lot of insights:

How does it relate to what is going on in your life? How does it relate to what is going on in your life? That is a question you really want to take some time to ponder upon, to journal, and to come back to periodically.

But for now let's go back to your assignment:

Once you graded every room or space or zone if your home is of the open-plan loft style, then we are going to explore what's working already, what you have already got and you are going to count your blessings:

Let's take an example, let's say you gave your kitchen a 3. A three is better than a one, that means a couple of things are already working. Maybe you have a wonderful kitchen table you love or you have a really cute cooking dish, or you have a couple of appliances you absolutely adore to use.

Whatever it is, look at what makes the room the number it is already and write it down. Write down your kitchen appliances, your kitchen table, your cooking dish, or whatever it is.

Now think of some of the best moments you experienced in that room, in our example it's the already had in your kitchen: maybe you were baking a chocolate cake with your children, and you were laughing hysterically while you were making a huge mess with butter and flour and sugar.

Or maybe some time ago after the movies, all your friends ended up in your place and you were cooking spaghetti at midnight. Or maybe you were cooking something really romantic with your loved one.

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Or maybe you were sitting at your kitchen table and having an absolutely brilliant business idea.

Whatever it is, write it down, and yes, do grade them too, give them a number. Usually these moments, these sparkling, inspired, beautiful moments, they are quite high.

I'm asking you to do that because you really want to count your blessings, you want to become clear on what works already and what great experiences you had. You want to see where you are already starting to live your ideal life.

Now a word of warning for the more impatient among you: you might want to skip this exercise, because all that writing and writing, and you want to get into action, and what's going on and when are we getting started?

I hear you. But the thing is, it is really important to take stock and to count your blessings. What works already is the foundation on which you will evolve.

How are you going to grow and evolve if you are not appreciative and if you are not basing yourself on what is working for you already? And another thing: we all have a tendency to forget or dismiss what we have or know already, because it feels so known and maybe same old, same old, and it's much more exciting to run after the shiny new object or method or whatever it is, hoping that _this_ will bring the solution, preferably without having to put in the work and to change anything.

Well, going back to what you know and have already at times might be less exciting, and we are going to talk more about that a bit later down the road, about boredom and how to keep things interesting. But for today: the quickest way to get where you want to go is to start making the best use of what is working already and what you know already.

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So, once you have completed this exercise and done all this writing, you should really have a clear picture of your reality, as it stands in relation to your ideal home.

I'm sure that some of those things you know already, but maybe not all. Maybe you didn't see them that clearly, and maybe you really had a couple of discoveries and epiphanies.

Look at your home with love, because truly, however imperfect you might feel it is right now, it is holding the seeds to leading you to your ideal life.

This is your exercise for you today. Please complete it, share your findings in the group and I'll see you at the next step where we are getting into action - I promise - in lesson 3.

Au revoir!