

Elegant Alchemy

Life Coaching
with Rima Nouri

Module 1: Connection



Lesson 3:
Connection to your
Action

Transcript



CYHCYL

Lesson 3: Clarity of Action

Today you are going to step into action! Welcome to Lesson 3 of the first Module of CYHCYL!

Now you had the chance to sleep over your ideal day a couple of times, it has probably started to filter through your system so to speak, and to become more tangible.

Can you connect easily to the feeling you had during your ideal day? Can you get a clearer connection to the woman you are in your ideal Self, in your ideal life?

Take a few moments to anchor yourself back in your vision, in your destination. Then: So, when you think about your ideal life: which room in your home is the most important for your next step of your journey?

There are probably several ones, so please just pick one for now. For example, you see yourself in your ideal life writing a book. So your desk or your office might be the most important room. But then, maybe again, not necessarily. Because you want to write a book on selfcare, and the most important room in your home for your own selfcare is your bedroom for example. You get the idea?

So, please choose one room in your home and then look at your notes: what's the number you gave to that room, what is working well already, what were your sparkling and beautiful and inspired moments in this room?

And now imagine that this room is one point higher. Let's imagine you chose your bedroom, and you give it a 3. One point higher: a 4. What would need to be different in this room so that it is no longer a 3, but a 4?

Lesson 3: Clarity of Action

Because obviously, at a 4 the room is not the same as it is now at a 3. Maybe you need to declutter your closet, or you need to get new sheets, or wash your sheets.

Maybe you need to repot that sad ficus in the corner or replace the dead light bulb or repaint all the walls. Just write down what would need to happen for this room to be one point higher.

Now, again, take a moment to imagine: how will you feel differently when you'll have accomplished this?

How will you feel differently when you'll have accomplished this?

Now choose one action (about an hour, not more) that you can do during the weekend or in the coming days that will move the room towards the next level.

Preferably an action that will add more clarity, because this is the theme for Module 2, which we are going to start on Monday. Don't bite off more than you can chew!

Your assignment is to do ONE action that'll take you about an hour. If you have the time and the energy to do more, great!

But don't start to rip off the wallpaper and the flooring and the piping and the electricity in the whole room all at once. You take intelligent action, step by step, ok?

Now, when you do get into action, do it as your future self. You don't need to take just plain action, you need to take inspired action, and the inspiration comes from your vision. You are not simply clearing out a drawer or repotting a plant or painting a wall - you are practicing living in the home that reflects the life you want to live and the woman you want to become.

Lesson 3: Clarity of Action

And we all know that practise makes perfect.

So the action you are going to take in the room, you are going to do it as if you already were that person you saw in your vision.

Because one thing is for sure: even if you have arrived 100 % in your ideal life, in your absolute dream home, there will always be something to do. You will always need to take some action, even as the most ideal person you can possibly be in the most ideal life and house.

That's just how it is. So what you are going to do is to take the action you are taking now in exactly the same spirit and mindset, ok?

And finally: post the actions you take in the group. I always encourage you to share, to mix and to mingle, but this one even more than the others.

Why? Because, whatever action you take, it is very likely that it will inspire someone else. And vice versa: the other ladies will have ideas you never thought about.

So post your actions in the group, tell us what you do and why you do it. Have a wonderful weekend, lots of love, lots of fun, and I'll see you again on Monday for the first lesson of Module 2. Au Revoir and bon weekend!