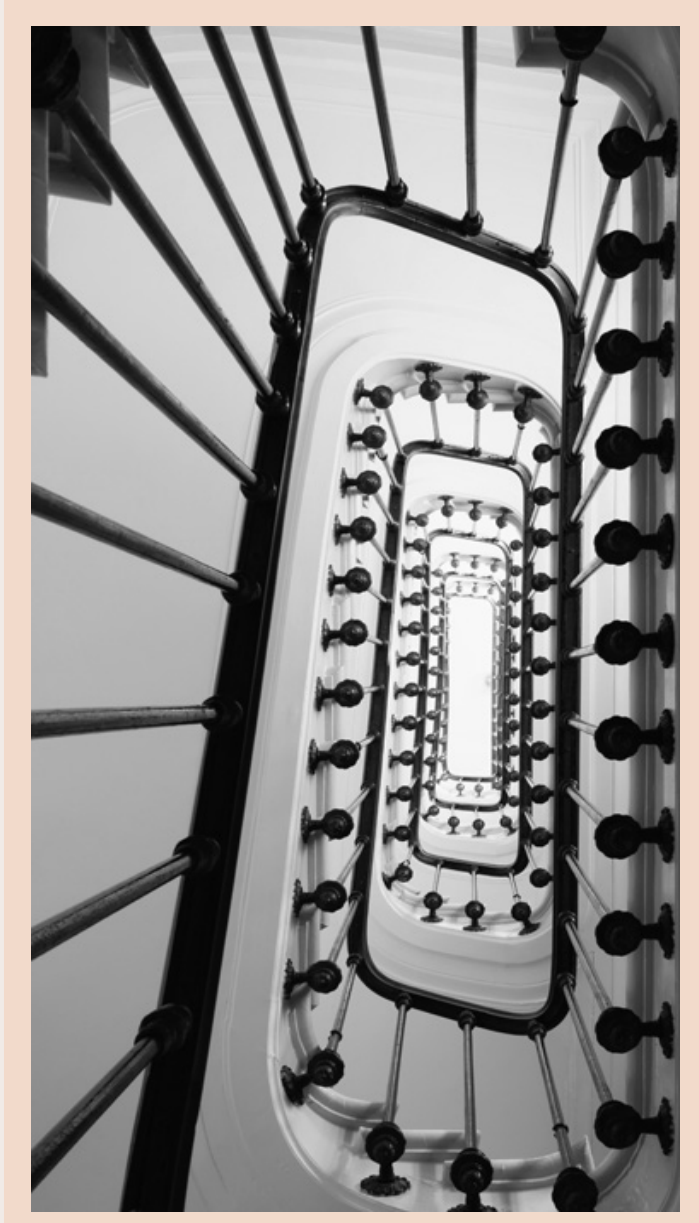


Elegant Alchemy

Life Coaching
with Rima Nouri

Module 6

Continuity



Transcript Lesson 1:
Setbacks



Change Your Home, Change Your Life!

M6 LESSON 1 Transcript: Setbacks

Ladies, bonjour!

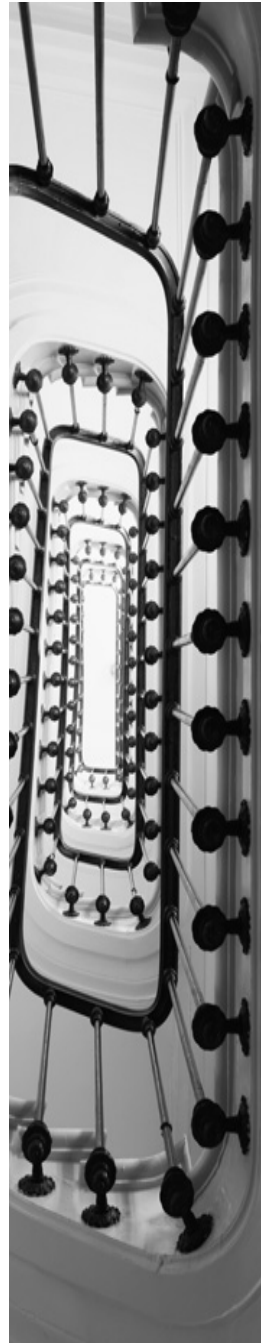
We are in the final week of 'Change Your Home, Change Your Life'. And we did cover some ground, didn't we? But before we all pop the champagne and celebrate your achievements, we want to make sure that you will know how to continue the Elegant Alchemy way of living and this is this week's theme - continuity. Now, let's start with a simple albeit uncomfortable fact when it comes to continuity. When you do something repeatedly, you will grow better at it, but there will also be many, many more opportunities to screw up. It's a simple numbers game.

So, in this lesson we look at what to do when, not if, when you experience a setback. You've eaten 2 tablets of chocolate in a row, you screamed at your children, you - I don't know the dishes in your sink look like a science project, and you didn't shave your legs and in your meditation you have been reviewing the content of your fridge or counting your past lovers, you've scratched your car and somehow you are convinced all of the above is someone else's fault.

Real life moments, right? When it comes to those and especially when it happens with something that you really set out to do with high hopes, January 1st, see what I mean? Most people, when that happens, tend to have a black and white thinking. I didn't do it right - read perfect - I may as well quit.

And of course, this kind of thinking is not ruled by conscious intentions. It's rather ruled by emotional overwhelm and frustration. But since the problem, the dream or the urge is still there, sometime later people come across the next shiny new book, podcast, object, method, thingymagic and there we go again. Sounds familiar?

If we translate that pattern into your home to make it clear how non-functional it is, it would look like that. Your dream is to have a shiny, clean home, okay? Now, as life goes you haven't cleaned your bathroom for a week. It looks a mess. The walls of your tub start to get brownish and sticky and there's hair, and a rest of toothpaste in your sink and a pile of dirty laundry on the floor. And we don't even talk about the state of the toilet.



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So, you look at that and you get really frustrated and say, ‘Okay. Clearly, this is not working. End of story. I may as well throw into all that some nitroglycerine and call it a day. With this kind of thinking, your bathroom, since you didn’t make it work perfectly like you envisioned it, now it doesn’t work at all. Then, what happens? After some time, when you have been bothered with a dysfunctional or even nonexistent bathroom, you will start to google: “functioning easy, clean bathroom”.

And hurray, what will happen, you will come across some new kind of bathroom and you will think ‘Oh, that’s it! That’s why the old one didn’t work. It was the wrong bathroom. Now, I found it.’ So, you have the next new shiny thing and then you’ll get all fired up and check it out on Instagram and tell all your friends about it and maybe secretly enjoy that they are jealous because all their insecurities get triggered and they think ‘Maybe I should need a new bathroom too’ and you know, you get the new bathroom for a huge amount of time and money but you don’t mind because you feel so satisfied until...until that day when you don’t feel like cleaning your bathroom for a week. See what I mean?

Now, of course we have all done that. If you have a library full of books, diet books or self-help books with a title “How to XYZ in 7 Easy Steps” or you have the kitchen full of food supplements or the computer full of downloads, the wardrobe full of sports gear, you get the idea. We all have done it but usually it’s not the most intelligent way to deal with a setback.

The first thing you want to do when you set out for a way of living is to realise and really accept that setbacks will happen. It’s just part of the journey. And the way to deal with them is simply to know that you can always turn around and start afresh. Very simple – progress, which we shall discuss in the next lesson, is not a linear thing.

You will learn and you probably experience that already in the course of ‘Change Your Home, Change Your Life’, you will learn how to become more accustomed and maybe to a certain degree, even comfortable with the in-between state. The in-between state is that state where you are between something old that you don’t want any longer or you need to let go and something new that hasn’t quite become a part of your life yet.



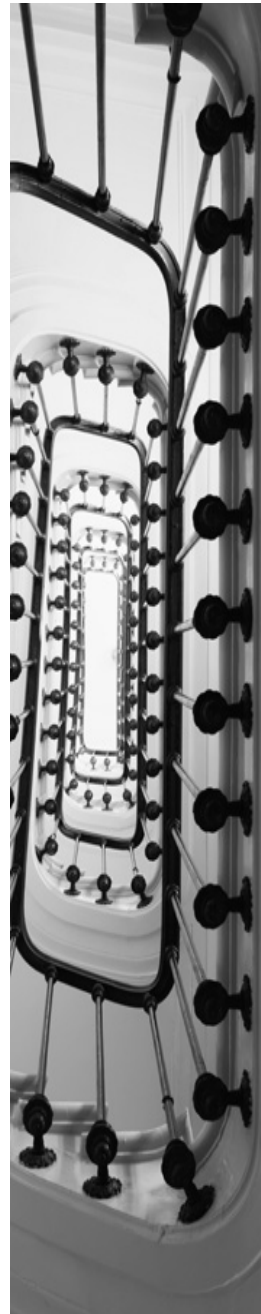
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That in-between state, it's permanent because there's always something new, something that you didn't expect, something that didn't go to plan, some inner or outer obstacle that pops up although you feel that you should have finished it by now, okay?

So, here I have 3 suggestions for you on how your home can help you when you experience a setback on your journey. The first one is – Push the reset button. Now of course, there are many, many ways to push the reset button. You can go out into nature, you can travel, you can see friends, make love to, do some sport, go on a retreat, etc. For the purpose of this course, we are focusing of course to reset that involves your home.

It's something that you want to create anyway, independently of all the aforementioned ways. So, if you don't have it already and I trust you have it by now, but if you don't have it already, create one clearly defined zone/place/area in your home where you can rest, truly rest. It can be your bedroom or simply the bed. It can be your living room or just a sofa, it can be your garden or just a lawn. In that place, prepare it. Change your sheets, push the papers to the other end of the room, put the garden tools out of sight. You want to have a place where there's nothing to do. And you want to give yourself some time off there. Switch off the usual suspects, read, sleep, journal. Just look into the clouds or on the ceiling, listen to music, drink your coffee or your champagne.

You really want to have such a space and actually you want to have it before you need it. Because need it you will, trust me. And you want to use it before you really have to because if you use it regularly, then you will need to use it much less often. Makes sense? You can also, something you can do is to create yourself a treasure box – it can be a shelf or a drawer or a box where you put in things that will help you to realign yourself. It can be a journal or your favourite book or a DVD or your cross-stitching, some letters, photos, really anything.



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Anything that helps you to reconnect to yourself, to find your North Star, to push the reset button. Now, needless to say all that can also happen on your computer but I'd like to point out that when you want to push the reset button, it's usually a good idea to get away from anything with a screen. So, first suggestion – push the reset button.

Number 2 – don't resist the problem when you have a setback, elevate it. What do I mean by that? When you hit an obstacle, when you experience a setback, then make your home really comfy, really welcoming for the opposite. Review the lesson on habits. For example, you want to drink more water. And it doesn't work. You find yourself downing 10 cups of coffee a day and you just drink like one inch of water at dinner. So what you want to do is: you want to make your home really welcoming for drinking more water. Get a crystal carrier for your water. Create ice cubes with lime juice or edible flowers. Google all kinds of ways to create wonderful natural flavours for your water. Go to the flea market and buy a dozen crystal glasses. Display them everywhere in your home or buy 10 different brands of mineral water and test their flavour and become water sommelier. You get the idea.

You want to play with your positive triggers. In order to get back on track, in my case as you probably know by now, beauty and luxury are surefire ways to get me doing something. So, my tactic would be, my strategy would be to add lavishly beauty and luxury everywhere. What's for you? Is it order or clarity, safety, warmth, abundance, simplicity, elegance, functionality, etc.? What are your positive triggers? Go for them big time in your home to show yourself and to show your best self, that you mean business. Plus, it'll turn your setback into fun actually. So this was suggestion No. 2 – don't resist the problem, elevate it.

And No. 3, this is the most hands-on one – if the setback you experience is linked to a certain room in your home, maybe it's your kitchen because it's about your eating habits or I don't know, your living room because you want to read more rather than watching TV. If it's linked to a certain room in your home, then give that room a makeover. Clean it thoroughly, rethink the organisation, change the triggers, change the decoration, change the focal point.



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Maybe you want to improve the quality of your sleep. They really push your bed the other way, buy a new set of sheets, maybe paint a wall. If there's clutter under your bed, pull it out and throw it away and then throw away some more, you get the idea. At times, when we have a setback, it's really a much smarter move to physically change things in the environment rather than banging your head on the wall and calling yourself names.

Now please take your worksheet. Which setbacks on your journey to your ideal home, to your ideal life, to your best self, which setbacks do you want to be prepared for? And that doesn't mean that you think about potential setbacks 24/7 and that you anticipate every single possible setback. But you want to have a feeling of serenity, meaning that you want to feel prepared when, not if they happen.

So that you need to think about them less because you know you have been prepared for it and you know where to find that preparation worksheet. So, which setbacks do you want to be prepared for? Which rooms are they connected to? It can be that you anticipate setbacks that are connected to your kitchen mainly or your bathroom or your garage, whatever. And then the last question - what can you do in the room in question? What can you do in this room to help you to deal with or to even prevent a setback?

This was it on setbacks. Do not skip this lesson because as I said many times it's not a question of 'if', it's a question of 'when'. And you want to be prepared. I will see you in the next lesson where we are going to talk about progress. Have a good time, ladies!

