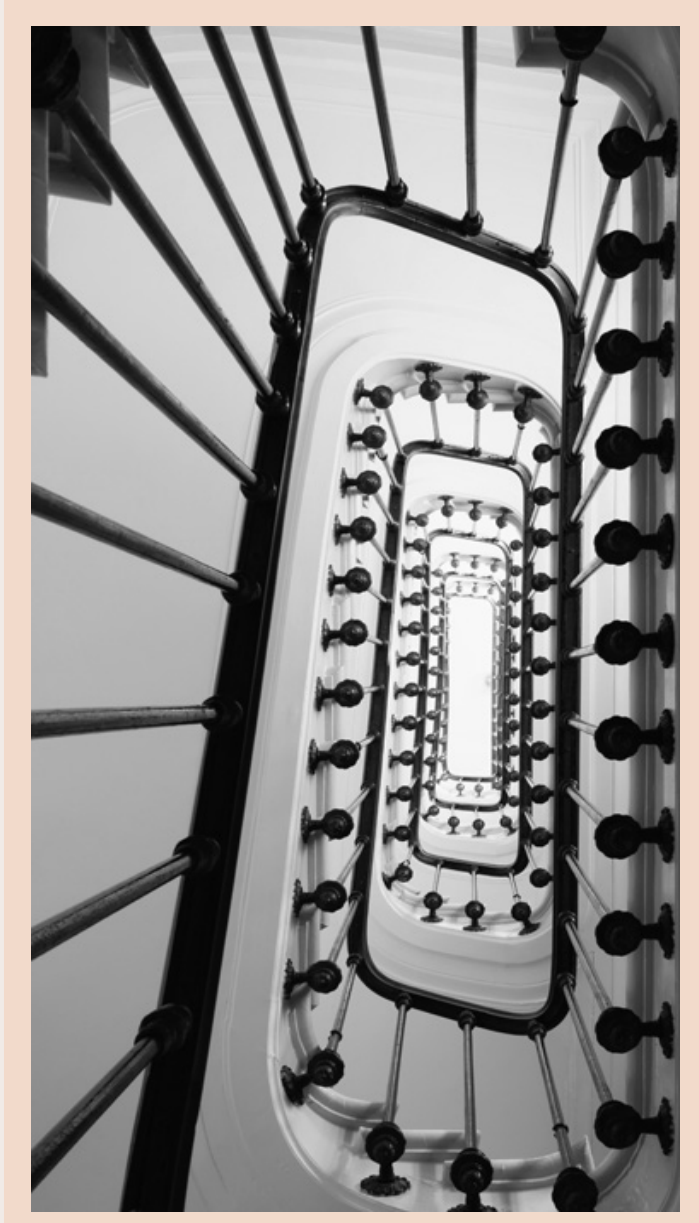


*Elegant Alchemy*

Life Coaching  
with Rima Nouri

# Module 6

## Continuity



Transcript Lesson 3:  
The House Tour



*Change Your Home, Change Your Life!*

## M6 LESSON 3 Transcript: The House Tour

Dear ladies,

Do you remember where we started 6 weeks ago? Where you were invited in our very first lesson to explore the vision of your ideal life in your ideal home, and where, during that ideal day, you were giving your guests a guided house tour of your ideal home?

Well, for our very last lesson I invite you to do the same with our work. Let's do full circle, let's do a guided house tour, so to speak, of all the lessons and everything we explored together, of all the possible changes in your home that would lead to all the possible changes in your life.

Shall we get started?

We started the first week with Connection. Connection to yourself, connection to your dreams, to your reality, to your to your vision. We looked at how connection to something or someone is important for inspired action and explored how you felt in the vision of your ideal day, your ideal life, your ideal home.

In lesson 2 we looked at how to connect your vision to your current reality. How to anchor yourself as the woman you want to be and act from that place. We had an exercise how to assess the rooms of your current home and where they stand in regards to your vision. We explored what's already working and you were invited to count your blessings, which is always a good idea and how to look at your home with love.

Lesson 3 finally: Connection to your Actions, we finally got into action. You learned how to look at one room - what was working already, what were the beautiful moments, the moments you cherished in that room. And we had an exercise where you learned how to take that room one point higher on the scale of 1 to 10.

You were taking action in the right spirit and and in the right mindset.

That was our first week of CYHCYL



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Week 2 saw us stepping into Clarity and we started by Clarify your Belongings. How to create clarity in your home and clarity in your life, how to deal with clutter; why it is inelegant and how to clear it; how to gain clarity about your belongings, about what you really want. How to create your ideal life. You were introduced to two major methods or approaches of clutter clearing: the Flylady method and the KonMari method and you were understanding the perspective and the 'why' behind thing. And finally of course we had an exercise to clear clutter.

In lesson 2 we were coming to clarity through organisation. You learned how to create clarity through organisation. We delved into what 'organisation' really means. I told you about the kindergarten model with a sort of container system and how to apply the kindergarten model to your home. And of course we had a practical exercise to get you starting your organisation.

Lesson 3 on clarity looked at your decisions. How you could optimise your decision-making

I told you about the concept of decision fatigue and how to improve your home to support your decision-making. You could streamline your place, you could practise owning your decisions with the help of your home and of course you had practical exercises to make that happen.

How it's okay to make decisions that are not right 100% of the time. And finally we looks at how to overcome the fear of decision-making.

That was it for module 2, clarity. Module 3 finally was the cornerstone of confidence. How to start your day with confidence. How can your home help you to grow confidence. How confidence can be learnt and re-learnt, practised and regrown. And finally we had that very fun exercise with your wardrobe and your outfit to help you start every day with confidence!



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In lesson 2 of the confidence module we talked about trust. How your home can help you to trust yourself more. We had 2 strategies for that – eliminating mistrust and creating proof that you can trust yourself; and the tool we used for that was everything unfinished you have in your home that shows that you can't trust yourself, that you didn't finish it, that you didn't keep the promise you made to yourself.

And of course we then went into the practical work to eliminate one thing that is unfinished and that reminds you that you don't trust yourself and to finish one thing, to create proof that you can trust yourself.

Lesson 3 was about savviness. How you can be confident when you don't know how to do something and the difference between not knowing something and feeling helpless about it. How to change your narrative of helplessness. And we started by something you don't know and how to make it doable. I invited you to revisit something in your life that you currently don't do because you don't know how to do it. And an exercise in your home that helped you to overcome that narrative because you were invited to do it even if it felt a bit scary or you didn't know how to do it.

That was it for module 3, half time already.

In module 4 finally we stepped into commitment. And the first component of commitment was focus. So we started by exploring commitment from different angles. How your home can help you to stay committed. We looked at focus through the lens of 'flow and grow', then we came to your home, how to create a focal point in a room, how that can help you.



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We also mentioned the pareto principle, known as the 80/20 rule. We talked about the importance to land properly in order to be able to have a proper take off. And finally we looked at what are the focal points in your home?

In lesson no.1 we were very focused in lesson number 2 it was all about ease and lightness. How to add ease and lightness to the package of your commitment so that we avoid that trap of white-knuckling our way to where we want to go. How you can't really fly without feeling held and how your home can help you do that. We had an exercise on how to anchor yourself in each room and what you want to commit to with the help of that room. And finally how to be committed to something with ease and lightness.

The final lesson of Module 4 was all about inspiration.

How inspiration is linked to commitment. Which feelings spark inspiration or which kind of inspiration sparks feelings for you. You were to write a list of things that inspire you. What you could do better if you were even more inspired. We had an exercise on pulling out all the good stuff in your home, the things you normally don't use and start to use them regularly. The most yummy food or drink, the most luscious soap or towels or bed sheets or anything that spells luxury and beauty and inspiration.

So we ended Module 4 on a high note.

In Module 5 we started to shift gears, so to speak, because we started to look at how to make things consistent, beyond the scope of this course. So lesson no.1 was all about habits. We talked about the need to do things consistently and repeatedly in life. How habits can really thrive when they are in the right environment, how your home can become habitat for your habits. We looked at how to identify habits that lead you from the current state of affairs to the ideal life, the ideal state of affairs.



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Once again we looked at our scale from 1-10 to grade your habits. And then we looked at your home through the eyes, through the lens of each habit. I introduced you to the analogy of an architect of a zoo with each habit being a specific species in the zoo, which will need a different environment to thrive. At the end we focussed on one habit that has some return on investment on your way to your ideal life

Lesson 2: where we looked at how to make it easy for your habit to become one. And the image we already talked about in lesson 1, that of a zoo became more explored, as we looked at your habit like a lion in the zoo and what does a lion need to make something happen and what does your habit need to become one? So we explored the concept of ease, of something being obvious, of attractiveness and of satisfaction.

In lesson 3 finally we looked at rituals. In that lesson we studied the qualities of your habit and how that quality of your habit can elevate the environment. We looked at the concept of rituals. I invited you to identify the rituals you cherish and where in the home do they dwell. We looked at: does your home need an upgrade to match the importance and the beauty of the ritual you hold dear. And finally you were invited to get practical and to align your home to your most beloved rituals.

And with that we were in our final week, where we are now! We started the week with continuity and we explored a very important - event, I'd like to say, which is sure to arrive and that are setbacks. We looked at the opportunities to screw up, what to do when you experience a setback. I showed you the non-functionality of black-and-white thinking that happens so often when we fail to live up to our very high expectations. And finally we talked about the in-between state. The in-betweenstate between things between you need to or want to let go and things that you want to arrive in your life and that in-between state and how to get comfortable with it because that in-between state is happening basically all the time.





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I suggested three strategies for what to do when you experience a setback. The first one was to push the reset button. The second was to elevate the problem, meaning to make your home really comfortable and welcoming for what you want to create rather than focussing on what you don't want any longer. The third strategy was to give the room where you experience setbacks regularly a really thorough make-over.

Lesson 2, and we talked about progress. Well arguably we talked about progress in every single lesson in this course, but in this lesson we explored a very important aspect and that is progress and others.

Progress as the most effective way of keeping anyone going. So we started with the reminder: if something works, do more of it. And then we looked at how others might react to your progress. I introduced you to the image of a piece in a puzzle. When it changes shape, all the other pieces around are affected and how people might not necessarily like it. We looked at some of the mechanisms of resistance you might encounter, and how that very often creates defensiveness or guilt with the person who is evolving, who is changing. And how your home can help you handle other people's reactions. Our final exercise was a very simple and very efficient one: look at everything in your home that is not coming from you, meaning that it's a gift or an heirloom, and to keep only those that you really truly love and which move you forward on your way to your ideal life. Because, and this is what we ended this lesson with, it's not because someone gives something to you that you have to keep it.

- How your home can help you with that.
- Exercise: make sure that every gift/heirloom in your home is something you adore
- What to do with unwanted gifts and how not to cheat on yourself



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This was our House Tour, where we end now, at lesson 3 in Module 6, and I want to say a very, very heartfelt Thank You for having been part of the journey, for your investment, for your courage, for your sharing, for your questions, for being a part of the Elegant Alchemy community, for investing in yourself to step into the next level and for trusting me and allowing me to be part of that.

I am certainly learning and growing every day thanks to this work and thanks to working with you and I really hope that you do too.

You might have noticed during the last six weeks that some rooms in your home stood out more than others that some areas in your life demanded for more care, reflection and investment.

Maybe you feel that you need more clarity in your life, then go back to Module 2, or at one point you feel you really want to oomph your confidence: module 3 is the place to go. The one module I invite you to go back regularly is module one. Your vision. That is your benchmark and from there you can always see: what do I want next, what do I need next.

Au Revoir – till we see again: this is not the end, just the beginning.

