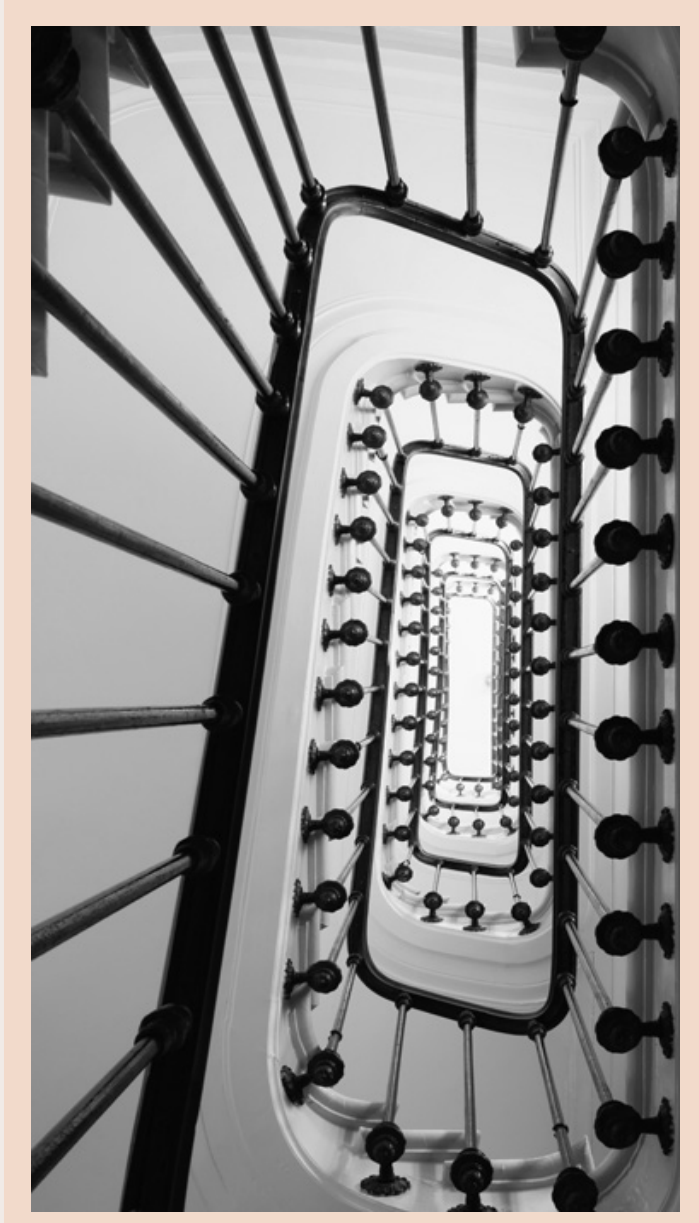


*Elegant Alchemy*

Life Coaching  
with Rima Nouri

# Module 6

## Continuity



### Lesson 3: The House Tour



*Change Your Home, Change Your Life!*

## M6 LESSON 3: The House Tour

### Module 1 : Connection

#### Lesson 1 : Connection to your vision

##### Content

- How connection to something or someone is important for inspired action
- Establishing connection between you and your dream, you and your reality as well as you and the action you're going to take
- Exploring your vision to know how you feel

#### Lesson 2 : Connection of Your Vision to Your Current Reality

##### Content

- How to anchor yourself as the woman you want to be and act from that place
- Exercise to assess the rooms of your current home and where they stand in your ideal home
- Explore what's working and count your blessings
- How to look at your home with love

#### Lesson 3 : Connection to your Actions

##### Content

- How to look at your prized rooms - what is working already and the beautiful moments there that you cherish
- Exercise to take the quality of the prized room a point higher
- Taking action in the right spirit and mindset



# M6 LESSON 3 : The House Tour

## Module 2 : Clarity

### Lesson 1 : Clarify your Belongings

#### Content

- How to create clarity in your home and clarity in your life
- How to deal with clutter
- What is clutter, why it is inelegant and how to clear it
- Gaining clarity about what you want
- How to create your ideal life
- Two major ways of clutter clearing: the Flylady method and the KonMari method
- Gaining clarity of your belongings
- Understanding perspective and the 'why' behind things
- Exercise to clear clutter

### Lesson 2 : Clarity through Organisation

#### Content

- How to create clarity through organisation
- Delving into what 'organisation' really means
- Understanding the kindergarten model with the container system
- Applying the kindergarten model to your home
- Exercise to organise your home

### Lesson 3 : Clarity and Decisions

#### Content

- How to optimise decision-making
- The concept of decision fatigue
- How to improve your home to support your decision-making
- Streamlining your place
- Practising owning decisions
- Exercise to help making decisions
- How it's okay to make decisions that are not right 100% of the time Overcoming the fear of decision-making



## M6 LESSON 3: The House Tour

Your reflections to module 2: Clarity

### Module 3 : Confidence

#### Lesson 1 : How to start your day confidently

Content

- How can your home help you to grow confidence
- Confidence can be re-learned, regrown and practised
- Exercise to start your day with confidence

#### Lesson 2 : Trust

Content

- How your home can help you to trust yourself more
- 2 strategies of doing so - eliminating mistrust and create proof that you can trust yourself
- Why anything unfinished shows that you can't trust yourself
- Exercise to eliminate an unfinished thing in your home
- Exercise to finish a task



## M6 LESSON 3: The House Tour

### Lesson 3 : Savviness

#### Content

- How you can be savvy when you don't know how to do something
- Distinguishing between not knowing something and feeling helpless about it
- How to change your narrative of helplessness
- How to make something you don't know doable
- Revisiting something you want in your ideal life that you don't do currently because you don't know how to do it
- Exercise to deal with something in your home that you didn't all this while because you didn't know how to or felt scared
- Identifying a component of your ideal life that you are not currently living because you feel helpless about how to get there

Your reflections to module 3: Confidence



## M6 LESSON 3: The House Tour

### Module 4 : Commitment

#### Lesson 1 : Focus

##### Content

- Exploring commitment under different angles
- How your home can help you to stay committed
- Increasing focus through 'flow and grow'
- Fixing a focal point in a room
- How creating a focal point in a room will help you
- Pareto principle or the 80/20 rule
- Importance of landing properly to take off properly
- Exploring the focal point of your rooms

#### Lesson 2 : Ease and Lightness

##### Content

- How to add ease and lightness to the package of your commitment
- How you can't fly and let go unless you feel held
- Exercise on what anchors you in the room/how you feel held in the room and what you want to commit to with the help of that room
- How to be committed to something and do it with ease and lightness

#### Lesson 3 : Inspiration

##### In this lesson you will learn

- How inspiration is linked to commitment
- Which feelings spark inspiration or which kind of inspiration sparks feelings for you
- Identifying a list of things that inspire you
- Thinking and feeling the inspiration that is connected to your commitment
- What you could do better if you were even more inspired
- Exercise on pulling out all the good stuff in your home that you don't use regularly
- Using the best you have already to fuel your inspiration and connect to your vision



## M6 LESSON 3: The House Tour

Your reflections to module 4: Commitment



### Module 5 : Consistency

#### Lesson 1 : Habits

##### Content

- The need to do certain things consistently and repeatedly in life
- How habits thrive in the right environment
- How your home can become habitat for new habits
- Identifying habits that lead you from the current state of affairs to the ideal state of affairs
- Noting all the habits that get you closer to your vision
- Grading your habits
- Looking at your home through the eyes of each habit
- The analogy between you and the architect of a zoo when it comes to your habits
- Understanding the environment in which good habits will thrive
- Exercise on grading your home from the quality of each habit
- Focussing on one habit that has some return on investment in your ideal life

## M6 LESSON 3: The House Tour

### Lesson 2: Consistency

Like attracts like when it comes to your habits and your environment.

Nature gravitates towards easy

Zoo example: Lions: create an environment easy, obvious, attractive, satisfying

### Lesson 3 : Rituals

In this lesson you will learn

Studying the qualities of your habit and how it can elevate the environment

Understanding the concept of rituals

Identifying the rituals you cherish and where in the home they dwell

Exploring if your home needs an upgrade to match the importance of the ritual you hold dear

Aligning your home to your most beloved rituals

Your reflections to module 5: Consistency



# M6 LESSON 3 Transcript: The House Tour

## Module 6: Continuity

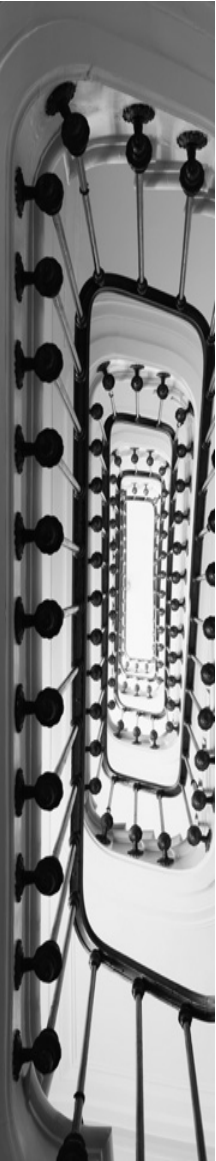
### Lesson 1: Setbacks

- The opportunities to screw up
- What to do when you experience a setbacks
- The Black/White thinking about a setback
- The non-functionality of B/W thinking
- What is the in-between state and why it is permanent
- 1. Push the reset button
- 2. Elevate the problem. Play with your positive triggers.
- 3. Give the corresponding room a make-over

### Lesson 2: Progress

- Progress as the most effective way to keep going
- Progress: if something works, do more of it
- Your progress and others and why that is important
- The image of a puzzle piece
- Change by progress and others' reaction
- How others resist your progress
- The possible reaction of defensiveness or guilt
- How to handle other people's reactions
- 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

### Lesson 3: Guided House Tour



## M6 LESSON 3: The House Tour

Your reflections to module 6: Continuity

