

Episode N°11

Practice Makes Perfect. What Do You Like To Practice?

As human beings, we all practice something and we will become good at it. We have all practiced and become good at everything from the moment we became able to walk, talk, and write. The question is, what would you like to practice?

In today's episode, I am going to talk about three areas that you can practice to bring fulfillment to your life. Are you excited? Let's dive in.

Welcome to the Haute Couture Life podcast. I'm your host Mana here to help you become the most beautiful goddess version of yourself. Whether it's beauty, style tips, health, or personal growth, this podcast is your Ultimate Guide to becoming happier, healthier, and creating the most beautiful life. Are you ready to unlock the secrets? Let's begin.

Hello lovely friend. How are you feeling? So in today's episode, I would like to talk about practice. The word practice, what comes to your mind? Is it something that you think takes time to master or a little bit difficult? or a foreign language, or any skills? Whatever it is, we all practice something.

You know, think about it, when we first touched our iPhone, we didn't even know how to use it. But by doing it so many times, we have somehow practiced it so much that now we can touch and use it unconsciously and it just became a habit.

There are many saying that we become what we do repeatedly and our habits create the future and the question is, are you practicing on purpose, right?

If we go back to when we were babies, do you remember how many times we practiced so much so we became able to walk, talk to adults, write properly or even tie our shoes, ride a bike, or drive a car?

Some of us have practiced any sport or foreign language or skill we wanted to master with massive repetition and finally got the skill right. Whatever skill you have mastered with massive practice, I am so proud of you.

What we have practiced and repeated for a long time becomes so much easier and eventually becomes a habit.

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Then I came up with the idea that there are three key areas that we need to pay attention to practicing in order to live the best life we want to live and I am so excited to share them with you today.

Number one, focus. What we focus on, grows and what we focus on we experience. What kind of feeling do you always feel on a daily basis? We all have an emotional home. Do you always feel worried, stressed, or frustrated? or do you always feel gratitude, love, and excitement? By the way, if you are always worried, stressed, or frustrated, I have the perfect podcast episode for you, it is episode 7, so please check it out.

And if you want to feel more love, gratitude, excitement, and fulfillment, all you need to do is practice focusing on what makes you energized, happy, grateful, abundant, and excited. It actually sounds so simple and easy, but it is my friend, our thoughts create how we feel.

If you practice the focus on things that make you beautiful, little by little, I promise you that over time you will feel so much more energized.

The next thing we want to practice is the words we speak. Are your words uplifting or are they draining? We can do an exercise here, if you practiced saying I am lazy, I am busy, I am tired, how would you feel in your body and what kind of actions would you take? Surely you would feel more lazy or more discouraged or more stressed and that would not lead to empowering actions, right?

But instead, if you practiced saying the words I am excited, I am grateful, I am loved, I am capable, I am worthy, how would you feel differently?

Doesn't it feel great and don't you feel like you want to take action? All words carry energy and even small changes in words can help. Let's say instead of saying 'I feel so stressed.' you can say 'I feel a bit nervous or tense.' Even if someone asks you 'How are you?'

Instead of the default 'I'm fine or I'm good.', you can always change it to 'I'm great, I feel amazing.' And moreover, when you say 'I have to' you can always change it to 'I get to' or 'I choose to' or even 'I want to'. How powerful words are, aren't they?

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Number three, imagination. Do you remember how creative and imaginative we used to be when we were little? But as we grew up, I think mainly because of the media, society, culture, and the school system, we stopped practicing imagination.

I still remember when I was in primary school and there was an art class and I was painting pictures of animals and there was an elephant so I painted it pink because it was cute. And I handed it to the teacher and she told me, 'Girl, this is no good, this is wrong because there is no pink elephant.', and I felt quite shocked.

The art is supposed to express our inner beautiful self but the teacher cut it off my art because the elephant in real life is not supposed to be pink. But think about it, all the amazing things especially the art in this world were once made from beautiful, unlimited imagination and we all want to live extraordinary lives by practicing beautiful imagination.

So here are the action steps for practicing focus, words, and imagination. The first way to practice what to focus on is to start by asking yourself, especially from the moment you wake up, What is going well in my life? What am I grateful for? How can I notice the beauty around me in this moment?

If you practice focusing on what is going perfectly in your life, you will notice and experience more of it.

For the words to speak, first, ask three close friends what kind of words you always use and have more awareness of. Then write down any words or phrases that make you feel energized, excited, or uplifted, and practice adding these words and phrases to your life little by little.

Finally, to increase your beautiful imagination, first, turn off all digital devices and start meditating, playing with beautiful nature and animals, and having fun. Take time for yourself and ask yourself what you want to experience and how you want to live your life when there is no limitation.

You know my friend, all limitation is just what we once thought we had to practice, but it's completely not true. Let's unlearn what we learned. Also, practice positive what-ifs. what if this works perfectly, what if this is the solution, what if we are all here to make our own beautiful dreams come true?

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If you want to make your life, more beautiful, more loving, and more uplifting, you can practice new focus, words, and imagination. To bring more fulfillment, love, and beauty into your life, with practice, you will master everything.

By the way, if you love this kind of topic and if you want to learn to dive so much deeper to truly understand who you are, the woman you came here to be and to make your dreams come true, the waiting list for the upcoming course 'How to Be Your Truest Self' is open and I have included the link to the description. I am so excited to see you there too.

I promise you, you will love the course and it is one of the best investments, love, and gifts to yourself that you can keep forever. So my goddess friend, what would you like to practice today? Have a gorgeous week and I can't wait to see you next time.

As we wrap up today's episode, I encourage you to take action on what you learned. Visit hautecouturelife.com to leave your comments. I am so excited to hear your takeaways and insights. So until next time stay beautiful and have an amazing week my goddess friend!