



THE EXCEPTIONAL WOMEN'S COACHING PROGRAM



## How To Live From Inspiration

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The idea is that we can create a life where we are inspired to do every single thing we do every day. Immediately the idea is confronting. The first thing that pops into our minds is our To Do List full of items we don't want to do: taxes, grocery shopping, bills, doctor's appointments, oil changes. Am I saying you don't have to do any of those things? Yep.

The first thing to understand is that we are trained to look at what we think we need to get done with a resigned attitude that sounds like, "Somebody has to do it" or "We all have to do things we don't like to do. That's life."

We are also trained to be in action at all times. To look busy. To do something. In fact, many of us are much more comfortable being busy and stressed than relaxed, with an open calendar and lots of free time. We say we want free time, yet we don't enjoy it when we have it. We actually fill it with worrying. This is how we've operated for years, so it seems real. But let's recreate the whole thing.

**We don't have to do a large percentage of what we think we do.** Just because we had an idea doesn't mean we have to do it. How many times have we stressed and worried about getting something done (or getting something done perfectly) only for the project to be canceled, the party to be postponed, or for that particularly item to not be needed?

**Trick #1 is brainstorm everything you think you should possibly do, then choose THE TOP THREE that you know would feel good to get done today.**

**You can choose the context for doing anything.** We also have choice over why we are doing something. The key to turning anything into an inspired action is to be very honest about why you are choosing to do that with your time. Let's take that oil change example. You could look at it like this: "I hate car maintenance. What a waste of time." Or you could look at it like this: "It will feel great to know my car is set and running safely." **Trick #2 is to choose the reason you are doing something that feels good.**

**Don't do anything until it feels good to do it.** This last piece is the most challenging. We are so addicted to being busy that the thought of not doing something that we've convinced ourselves should be done is very hard to understand. Give yourself a day to try it. One key to being able to do this is to trust that everything that actually does need to be accomplished will get done at the perfect time. If you trust this concept, you'll understand that forcing something is actually a disservice. It's inefficient and ineffective. **Trick #3 is to get into everything you do (using the two tricks above) or don't do it.**

A note to those people who have "keeping your word" as a core value: We are not saying that we should disregard our promises and agreements. We also believe that often that means communicating *more proactively and honestly* when those commitments change.

I know, it's challenging to have a practice that's essentially to do only what feels good. Just try it, and use our upcoming calls to guide you along the way.