



EXCEPTIONAL WOMEN'S COACHING

Are You Settling?

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When we are in our 20's or 30's, we have hopes and dreams for what our lives will become. As things happen throughout the course of our lifetime, we start to modify these hopes and dreams as we apply the wisdom of our experiences. And, for some of us, with each passing year, it becomes harder and harder to keep our dreams alive. The difficulty stems from a mindset of no longer believing it is possible to have what we once thought we wanted. Somewhere along the way we gave up either because we couldn't figure out how to make it happen or we simply stopped fueling the dream and keeping it alive.

It begs the question: WHY? Why are we so willing to give up on something we so clearly wanted? If we are making a conscious choice, well, that might feel empowering, but if the reason is because we don't see how to make it happen, or we are not giving it enough time to emerge, then it feels like we are settling.

So, where are you settling?

In June, Tiara is hosting a 4-part TeleSeries, *Are You Settling?*, to address this question. We are going to look at 5 key steps (5 "A"s) to overcoming "settling":

- **Assessing** our lives
- Opening to an **awareness** for where we might be settling
- **Accepting** our current situation
- Creating an **attitude** to keep our dreams alive
- Taking **action**

These 5 steps allow you to come to terms with the person you were in the past, the person you are today, and the person you have yet to become. They will reveal where you get stopped, quit, and/or have given up hope. And equally important, these steps can help reignite the passion and energy in you.

Coming to terms with the past (assessing and awareness)

Take a simple inventory or assessment of how happy you are in the main areas of your life. A simple rating scheme + (positive), = (neutral), or - (negative), can be a great indicator for what's working and what's not. With that awareness you can now focus in and prioritize the one or two main areas in which you would love to see different outcomes. So ask yourself, what do I want in this area? It is important to note that the question is not; "what do I think is possible?" The critical question is simply, "what do I *want* in this area?"

The Present (acceptance)

Being able to accept the mistakes or the starts, stops, and detours we have taken along the way is essential. One great way to view these is to recognize that in each and every choice point along the way, not only did we do the best we could with the information we had, but we also grew in our experience. Each situation helped shape us into the people we are today (like pressure being applied to create a brilliant diamond). When we understand this is part of a longer and bigger process, we can relax and



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recognize the value in each and every experience; the good, the bad, and the ugly. When we stop wishing it was different and just see it for the experience gained, we are able to accept all of it and be in our present moment.

The Future (attitude and action)

Hope is a critical component to creating a future state. Equally important is an empowering attitude (belief) to help propel you forward. It is said that the average human has over 40,000 thoughts per day. The really ironic thing is that we tend to believe the negative thoughts are true, and the positive thoughts need to be proven. But it isn't about the number of thoughts, it is the quality of our thoughts that empower and inspire us, and which are much more likely to cause us to take the actions that will produce our desired results.

The country music group, Sugarland, has a beautiful song entitled "Settlin'". The chorus is a perfect reminder for all of us to stop settling and get after what we want.

I ain't settling for just getting by
I've had enough, so for the rest of my life
Tired of shooting too low, so raise the bar high
Just enough ain't enough this time
I ain't settling for anything less than everything

Join us this month for our [4-week TeleSeries, Are You Settling?](#)