



EXCEPTIONAL WOMEN'S COACHING

The Secret to an Easy Life **Betsy Sobiech, Tiara Program Coach**

"Align your life with your values, calling, and purpose" is something we often say in Tiara. But what does that mean? Let's start with "align". Here's what www.dictionary.com suggests:

1. to arrange in a straight line; adjust according to a line.
2. to bring into a line or alignment.
3. to adjust (two or more components of an electronic circuit) to improve the response over a frequency band, as to align the tuned circuits of a radio receiver for proper tracking throughout its frequency range, or a television receiver for appropriate wide-band responses.

Surprisingly I like the last one. Yes, it's about lining up your life like parts 1 & 2 of the definition. Yet it's not about being orderly. And it's not about lining up your life just for the sake of lining up your life. The true power of aligning your life with your values, callings, and purpose is for increased functionality, improved responses in life, and proper tracking towards your dreams and goals. When your life is aligned with what you say is most important, life is simpler, easier, and more fun. You are also more effective at achieving results, and they are results you believe in.

What does this look like? Here are a couple of stories to consider.

My dad has always loved music, played music, and written music. About a decade ago he and my mom moved from the suburbs to downtown Chicago. When they moved they got rid of their piano due to lack of space and for years there was no piano in their home. Then, my sisters started having kids and those kids loved music. My dad realized that music was missing on a day-to-day basis. He found a gently-used, condo-sized keyboard with weighted keys that worked perfectly in their home.

Tiara is proud to support Step Up Women's Network (www.suwn.org) in their programming for women and girls in Chicago, as the two organizations' missions are aligned. The Chicago Managing Director Gina Marotta is a more extreme example. She had a successful career as a lawyer before leaving that world and starting up Chicago's office of Step Up. This move shifted every aspect of her day-to-day life to be lined up with what she's most committed to in the world: making a difference with women and girls.

We can all take actions today to align our lives with our values, callings, and purpose. The only trick is that you must identify your values, callings, and purpose first! It's helpful to treat this inquiry like an ever-evolving process. The place to look is "what is most important to me today?" or "what do I want to be known for in my life right now?" Answer these questions from a place of pure inspiration, then take a look around your life and line it up. This might mean that you do something fun or creative today; tell people in your life what they mean to you; rearrange a room in your house; get the bicycle ready for summer; or simply get a good night's sleep.

Just taking one action will make a huge difference. Take that action and tell us about it on our blog: <http://tiaracoaching.com/community/tiarablog/the-secret-to-an-easy-life/>