



EXCEPTIONAL WOMEN'S COACHING

Find Your Sweet Spot

Amy Riley, Tiara Program Coach

In Tiara we explore whether we're living our lives in alignment with our values, those qualities that are most important to us. Aligning our lives with our values can be quite easy to do if we take a straightforward look.

For example, if I look right now at a couple areas of my life, I can see pretty easily which values are abundant and which ones are lacking. In the area of my work, where I've been feeling inspired and grateful recently, I can see that all my top values are at play and particularly "choice" and "trust." With each business opportunity that comes my way, I remember I can choose if and how I want to be involved. I also completely trust my business partners and clients to be working towards our shared vision and results. Conversely, if I look at physical fitness, I see that "trust" is not fully present. I am not trusting my shin muscle to heal itself and that my body actually knows what it needs to continually improve my fitness.

When we know our values and how we want an area of our life to look, it can be almost formulaic to look at what values are there and what's missing so we can consider making adjustments. I call it finding our "sweet spot." The sweet spot in each area of our lives is that place where we feel good, we're "in the groove," and we feel inspired because we're living out our values in an important way.

I think the tougher part for many of us is **believing** we can have alignment in all the different areas of our lives and **remembering** to look at alignment.

Believing that we can experience alignment at work, at home, with our neighbors, in our bodies, and with our finances all at the same time can fly in the face of conventional wisdom. We've been told that "we've got to make sacrifices" and "you can't have it all." Yet, if we subscribe to conventional wisdom then we'll accept trade-offs and won't look for and discover the ways we can increase our alignment.

Remembering to adjust for alignment is what gets me! I can go months without thinking about it. So how do we stay in tune with our alignment more consistently? We look to our feelings. In any moment, our feelings communicate to us about how close or how far away we are from our sweet spot.

When we're out of alignment, we feel tired, impatient, annoyed, angry, behind, overwhelmed, cynical, or bored. I know that when I'm playing with my kids and I feel bored, that I am not reaching my alignment potential. Usually, what's lacking is my sense of humor or choice. When we're in alignment, we feel good. We feel like we're in our groove. We may feel excitement, anticipation, groundedness, pride, inspiration, peace, or joy.

We can use our feelings as a trigger. I know when I'm feeling bored or irritable that's time to look at what's missing because I am out of alignment. I know when I'm feeling excited and proud, that it's time to acknowledge something that is in alignment in my world.

What about for you? Where are you in and out of alignment in your life right now? How can you continue to believe and feel your way to your sweet spot in every area of life?