



EXCEPTIONAL WOMEN'S COACHING

You have to believe it to achieve it . . . and then some.

Beth Ruske, Tiara Executive Coach

Producing results in your life is not always about working long and hard. In Tiara we believe producing results has more to it than just hard work; yet isn't just wishful thinking either. We know it is equally important to leverage your mind, your feelings, and certain kinds of actions – inspired actions. Each of these aspects is equally important to your success.

The first step to producing results is being clear about what you want. It is a critical first step, yet so many of us don't take the time to ask ourselves these important questions:

- What do I really want?
- What would make me happy?
- If I could do, be, or have anything in my life, what would it be?
- What do I know I want next?

Allowing ourselves to inquire deeper into what we want requires we spend more than a few moments in fleeting thought. This is not a difficult step; it is however, a step most of us simply skip over and don't spend the time developing our sense of desire and true wanting. Once we have a general idea of what we want, we then need to get more and more specific to create a very clear picture.

The second step is to create the ability to stay committed to something over time and to overcome obstacles which will likely occur. One of the most powerful ways to do this is to be aware of, choose, and leverage your mindsets (thoughts and beliefs). We are not suggesting magical or wishful thinking. We are talking about using your mindsets and beliefs in a way that empowers you and keeps you focused and committed to what you want. The average adult will experience over 40,000 thoughts during a 24 hour period, and the large majority of these will never reach our consciousness. So when we consciously insert positive thoughts and mindsets they carry more weight, and it increases our likelihood of success. This is similar to the way a professional athlete envisions the success they seek before they experience it. The vision in their mind and the positive beliefs and feelings produced are essential to achieving their goals. The ability to see it, feel it, and know it is possible is vital to achieving results.

The third step is taking the appropriate actions to make it happen. Many of us try to jump to this action step first and that is a critical mistake! It is highly unlikely that you can produce your desired results if you are NOT clear and you do NOT believe it is possible. Taking appropriate actions also means taking inspired actions, not merely being your own task master. Inspired actions are creative; they can be big or small but they come from a different type of energy than "doing" or "driving" which can be draining. Inspired actions always create momentum. You know you are taking inspired actions when things seem to be flowing easily and you are making progress, which might even feel effortless. Inspiration enables you to overcome inertia and other real or perceived obstacles because you are connecting to the power produced by a positive mind-set reminding you that your vision is possible and worth it!

Producing results is not random, it is intentional.

Producing results is not based on luck, it is based on you believing it is possible.

Producing results is not based on wishful thinking, it is based on taking inspired actions moving you closer and closer to your expected and envisioned desired outcomes.