



EXCEPTIONAL WOMEN'S COACHING

Producing Results the Tiara Way

Peg Rowe, Tiara Program Coach

We're nearing the end of March, which means many things to me.....spring is right around the corner, the days are getting longer, tax day is approaching and it's time to check in and see how I'm doing with my goals and desires for 2010.

When I sit down to assess where I am so far this year, I am in a few different places. I am excited to see how much I've accomplished in the 1st quarter. At the same time I am disappointed that I haven't made much progress in a particular area. I am still completely inspired by the majority of the goals I created in December, and I realize that some of these desires don't really reflect what I want in my life now. This array of feelings and reactions is human. Producing results is a process!

There are many approaches to producing results. In Tiara we start the process by getting clear about what we desire. This clarity provides focus and momentum. With clarity on our desires, we're much closer to manifesting what we truly want. Once you're clear, it's time to work a little magic. We do this by combining *feeling good* with *inspired actions*, which then manifests results most effectively.

What works to manifest what you want? Take a moment and think of a time when you wanted something and you got it easily. It could be a client, a parking space, tickets to a concert, a puppy, a weekend getaway, the perfect shoes or whatever else you wanted that came easily. What do you notice about how you produced that result easily?

Here's what we often hear:

- "I was really clear about what I wanted. Really clear!"
- "I was in the present moment."
- "I felt like I was in the flow."
- "I didn't take myself too seriously."
- "I was in a great mood, feeling good about life."

One of the best tips to manifesting your desires is this focus on feeling good. Take a moment and make a list of things that make you feel good whether it's taking a walk with your dog, listening to your favorite music, getting a massage, relaxing with a cup of tea, playing with your kids, doing yoga or meditating. Keep this list handy and pick one of your "feel good practices" when you want to shift your mood. This helps you access your intuition, which is a critical tool in producing a result easily, minimizing extra effort.

One of the reasons I look forward to spring is that my mood is predictably upbeat and I just feel happier this time of year. We get rain instead of snow (usually!), crocus and daffodils start to peak through the ground, the birds are starting to serenade and the temperature is warming up. The positive uplifting energy of spring opens up the world of possibilities I see for myself, making it much easier to manifest what I want.