



EXCEPTIONAL WOMEN'S COACHING

The Importance of Fuzz **Betsy Sobiech, Tiara Program Coach**

I know you're hoping that this article is going to provide you with an enlightened excuse to not vacuum, dust, or get the dog trimmed this summer. That's not the kind of fuzz I'm talking about. I'm talking about the fuzziness that's there when you aren't clear on a priority, goal, or next step. In life we all know by now that being clear on what you want -- your goals, your outcomes, your true desires, whatever you call it -- is important in making progress, achieving goals, and living a life that is fulfilling on many levels. But what do we do when we are NOT clear?

Because of the emphasis on needing to be clear on our goals, we often either panic or force a choice. This is because we are uncomfortable with fuzziness. We think it threatens our productivity or future success. We think it makes us seem weak or wishy-washy.

This fuzziness is important. Whenever we are fuzzy about what we want, whether it's a future goal or the next action to take in an already busy day, it's a clue to pause. Fuzziness is often the result of:

- **Conflicting goals.** "I want the filet mignon AND I want to save money."
- **Limiting beliefs.** "I can't have a career that's rewarding, inspiring, and financially sound, but I think I want a career change so that my work is all of those things."
- **Disconnection.** "I'm busy/tired/distracted/fearful/stressed so I'm not connected to my values, priorities, instincts, intuition, and true desires."
- **Impatience.** "I need to decide today or else I'm wasting precious time!"

Yet we all remember times when we acted too quickly, forced a decision in spite of hesitancy, or didn't trust our instincts so we ended up making choices that wasted time or were downright painful. How do we become more comfortable with this critical phase of fuzziness?

- **Understand its importance.** Instead of panicking when you feel fuzzy, claim it as an opportunity. Aha! Fuzziness! This means that I get to pause and once I'm truly clear results will happen quickly.
- **Recognize it for what it is.** Pause and see what's causing the fuzziness. Conflicting goals? Limiting beliefs? Disconnection? Impatience? Once you are aware the next step is clearer.

Being aware of conflicting goals and limiting beliefs gives you the power to make choices that integrate priorities (split the filet mignon) or empower you (careers can be fulfilling and financially secure). Feeling disconnected can spur you to take restorative actions (sleep, listen to music, take walk) that reconnects you. Impatience is the opportunity to trust the flow of life.

- **Know how it feels when you are clear.** It's also important to know and trust that feeling of clarity when it's there, that pure sense of vision and direction. Once you have it, don't second guess it!

Think of fuzziness as that cozy blanket that gives you a chance to jump into action when fully ready!