

[QUEENZINE/ WWW.QUEENPOWER.COM](#)



Introducing the Queen of Plan BE, Diane Armstrong

1. What does being a Queen mean to you?

To me, being a Queen means I am embracing both my birthright and responsibility to help our world be a happier place to live.

2. What dream are you currently pursuing?

I am creating a program to help other women craft a life plan that honors who they are and what they want to Be.

3. What steps are you taking in realizing your current dream?

Being a baby as often as possible. First I wake up every day full of enthusiasm and trust that the world will provide me with everything I need. Then, I step out of bed and take one baby step at a time toward whatever I want. The best part is babies don't mind falling down a lot. They just keep pulling themselves back up and taking another step until they eventually walk, and then run, laughing all the way. In MHO, if babies can do it, so can I.

4. What obstacles do you face, and how are you overcoming them?

I overcome obstacles by reframing them as learning experiences. The faster I make this connection the faster the obstacles dissolve.

5. What advice would you give to your twenty-year-old self?

I wouldn't change a thing. Don't want to go back - but wouldn't change a thing....

In fact, I would thank my twenty-year-old self for trusting the process, even though she often couldn't see why way back then. In her darkest days, her inner guidance system kept repeating over and over, "All will be good if you follow your Heart." Things were often messy on the journey back, and she repeated the dark days many times until she finally realized that things were always easier when she followed her Heart. So, I gratefully acknowledge my twenty-year-old self because my Heart and I are now virtually inseparable.

6. What is your passion?

To be happy and to help other people be happy.

7. What's the most important lesson you've learned from living a Queen's dream?

Our thoughts are the most powerful force of change on earth. The second most important lesson is: It's very important to align yourself with people who support your journey. This helps immensely in the practice of lesson number one.

8. What advice would you give other women pursuing their own aspirations?

Start acting like a baby!

Diane Armstrong, a talented practitioner of a variety of careers, relationships and clutter for over 33 years, is also known as the Queen of Plan Be because of her "sincere, fun and authentic manner, and her ability to help you "BE" in your everyday livingness." Powered by her desire to help people get what they really want, Diane's strength lies in her gift of bringing her clients a sense of accomplishment and renewed confidence about what the future will bring. [Click here](#) to find out more.

Published in the April 6, 2005 issue of the Queen-zine (www.queenpower.com)