

HeartIgnited™ ...full expression in work and life

*HeartIgnited™ Tip (or HIT) Series
by Debra Trachy, Life and Transition Coach*

For thirteen weeks, I will be sharing a HeartIgnited™ coaching tip or HIT that you can immediately apply to your life.

The promise of the thirteen week coaching series is that you will be living a more fully expressed life after you participate in the series. That more fully expressed life will look different for each person. To get started, ponder the following questions:

- What does your more fully expressed life look like?
- Feel like?
- Who is in it?
- What is one thing you could add to your life to move towards your vision?
- Delete from your life?

For this series, I recommend that you find a journal or notebook that you can use specifically to write down the answers to the questions that I will pose each week.

HeartIgnited™ Tip (HIT) #1: Authentic Success©

- What have you learned about success from your family, friends, and society?
- Take time to dream about *your* successful life.
- How will *you feel* when you are successful?

To dialogue about how to create your unique and authentic success, contact Debra Trachy, Life and Transition Coach and Founder of HeartIgnited™ at 206.236.6100. www.heartignited.com