

HeartIgnited™ ...full expression in work and life

*HeartIgnited™ Tip (or HIT) Series
with 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.

HeartIgnited™ Tip (HIT) #10: Patience©

- Who or what brings out the best and most patient you?*
- Notice how you feel when you are the patient you.*
- This week be more patient than you thought you were ever capable of.*

PATIENCE EXERCISE:

To practice patience, choose one person that has a tendency to irritate you. First ask, what about this person gets to me? Make a list of those things that irritate you.

After making the list, ask yourself, do I ever act like this? If you answer yes, you do occasionally act in these ways: entertain the possibility that this person is just reflecting back to you your judgment of yourself for those particular behaviors.

For one month, practice patience with the person that you wrote the list about. Notice what happens for you and with that other person.

For a dialogue about creating more Self Love in your life, contact Debra Trachy, Life and Transition Coach and Founder of HeartIgnited™, at 206.236.6100. www.heartignited.com