

*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) #11: Generosity©*

- Who are you longing to be generous with?*
- If you were to practice generosity with everyone and everything in your life, what would *that* look like and how would it *feel*?*
- Practice outrageous generosity!*

*"ABUNDANCE FLOW" EXERCISE:*

*What do you believe about the link between generosity and abundance?*

*My belief is that the more generous you are with others, the more of whatever you are giving or have given out, comes back to you multiple-fold. I also believe that this "abundance flow" pertains to all areas including time, money, attention, etc. Practice being generous in all areas of your life, particularly those areas where you have a tendency to feel lack for yourself (for you, is that time, money, attention?). Have fun with this practice!*

*For a dialogue about creating more abundance in your life, contact **Debra Trachy, Life and Transition Coach and Founder of HeartIgnited™** at 206.236.6100. [www.heartignited.com](http://www.heartignited.com)*