

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) #12: Expanding your Heart©

- What make you burst at the seams of your heart?
- What makes you feel so good that you can hardly stand it?
- Do *way* more of that and see how much you can stand!

EXPANDING YOUR HEART EXERCISE:

Notice your heart many times during the day. It only takes a few seconds. See if you can gently open it wider.

When your heart is open, you are automatically in the vibrations of LOVE, and the vibration of LOVE is the vibration from which you will manifest what you desire in your life.

Additionally, having your heart open feels really great, and who doesn't want that?

For more ideas on opening and igniting your heart, contact **Debra Trachy, Life and Transition Coach and Founder of HeartIgnited™**, at 206.236.6100. www.heartignited.com