

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.

HeartIgnited™ Tip (HIT) #13: Simplicity©

- What pictures come to mind when you contemplate a simpler life?*
- Who is in it?*
- What has been deleted from your life?*
- This week, start by eliminating one thing that is no longer useful to move towards that simpler life!*

SIMPLICITY EXERCISE:

Get out those colored pencils, crayons, or markers again (see Tip #2) and a large blank piece of paper (at least 8 ½" by 11").

On this blank paper, vividly describe or draw your simple and colorful life. As an example, you could draw a pie chart with each slice representing an area of your life.

- How many areas of concentration do you currently have in your life? Some sample areas might include work, play, health, finances, and/or education/life-long learning.*
- How big do you want each piece of your pie to be?*
- How can you simplify your life so that you are spending time on *only* those things that are important to you?*

For more ideas on creating your simple and joyous life, contact Debra Trachy, Life and Transition Coach and Founder of HeartIgnited™, at 206.236.6100. www.heartignited.com