

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) #2: Life Balance©

- Does your life have a certain rhythm to it?
- Is it your own rhythm?
- Are you comfortable with that rhythm?
- How can you make your days hum in tune with you?
- In the coming week, make your life hum.

LIFE BALANCE EXERCISE:

Supplies needed: Large blank white piece of paper (at least 8 ½" x 11") and colored pencils, crayons, or markers.

Then:

- Get centered in whatever way works for you (taking a walk, being in silence, meditating, etc.)
- Before starting check in with your heart and make sure it is open
- Then, using your creative right brain, draw a picture that represents your ideal balanced life. Use all the colors that call to you.
- What you draw does not have to make sense to your logical, linear, left brain
- Take a minimum of fifteen minutes for this exercise. Have fun!
- When you are complete, concentrate on your picture and ask your Knowing Self: *What does this say to me regarding my balanced life?*
Journal what messages come to you.

For a dialogue about how the HeartIgnited™ process can assist you in creating a more balanced life, contact **Debra Trachy, Life and Transition Coach and Founder of HeartIgnited™** at 206.236.6100.

www.heartignited.com