

HeartIgnited™full expression in work and life

HeartIgnited™ Tip (or HIT) Series
by Debra Trachy, *Life and Transition Coach*

For thirteen weeks, I will sharing a HeartIgnited™ coaching tip or HIT that you can immediately apply to your life.

HeartIgnited™ Tip (HIT) #3: Self Nurturing©

- How do you take exquisite care of yourself?
- Is it enough?
- Or would your body and Soul like more?
- What could you start doing now that would *really* feel good to you? Do that!

PRACTICE TAKING EXQUISITE CARE OF YOURSELF!

Here are a few ideas to get you started:

- Meditating or quiet time
- Laughing out loud
- Creating and maintaining a gratitude journal
- Journaling, e.g. intentions for the day or what you learned that day
- Listening to music
- Calling a friend to chat about something or nothing
- Eating healthy foods
- Exercising - sometimes taking a lunch break to do so
- Having a massage
- Taking a nap
- Getting up from your desk to stretch
- Taking a hot shower before bedtime
- Going to the movies to laugh or cry
- Looking at pictures in a magazine to let your mind rest
- Buying a latte and observing people at the Café while sipping it slowly

For a dialogue about how the HeartIgnited™ process can assist you on your journey of Self Love, contact **Debra Trachy, Life and Transition Coach** at 206.236.6100. www.heartignited.com