

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) #5: Attention©

- What consumes your attention particles?
- Are you focusing on your heart's desires or something other than that?
- Notice what you focus on.
- Is this where you want your attention to go?
- If not, change your focus.

ATTENTION EXERCISE:

Mastery over where your attention is going is the most powerful tool I know in manifesting what you want; for what you place your attention on, is what you will create in your life.

For many years, I have been observing and practicing the nature of attention and here is one of the important lessons I have learned and re-learned:

Sometimes I get fixated on something that consumes a great deal of my attention; and it consumes way more of my attention than it deserves. Most often this fixation is on something that I do not like or am resisting. As soon as I notice this fixation, I re-focus my attention on something I want to experience or do for that day - something that is on my desire list. Try this exercise for yourself.

For a dialogue about how the HeartIgnited™ process can assist you in getting your attention unstuck, call **Debra Trachy, Life and Transition Coach**, at 206.236.6100. www.heartignited.com