

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) #6: Clarity©

- Do you know what you are up to in life - is the picture clear, like a sunny day?*
- If the picture is not clear, can you identify what the fog is?*
- On a clear sunny day, what are you up to and where are you going?*

CLARITY EXERCISE:

Step #1: Clearing up the fog:

*Journal the answer to this question with your non-dominant hand (for example, if you are right-handed, journal with your left): *What is my fog about?* OR directly address the fog and ask: *Fog, what do you want to tell me?* Name the fog. Shed light on your particular unique fog and it will begin to dissipate.*

Step #2: Create clarity regarding your direction by answering the following two questions:

- *What are you deeply passionate about?**
- *What are you really, really good at?**

*Answering these two questions is setting the stage for creating your unique *Essence Statement™*. To dialogue about creating *your* *Essence Statement™*, call **Debra Trachy, Life and Transition Coach and Founder of HeartIgnited™**, at 206.236.6100. www.heartignited.com*