

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) #7: Gratitude©

- What are you so grateful for that it brings tears to your eyes?
- Are you grateful for both big things and little things?
- Each evening this week write down three things you are grateful for.

GRATITUDE PRACTICE:

Being grateful automatically opens your heart and when you have an open heart, you are in the vibration of LOVE; and the vibration of LOVE is the vibration of attraction, easily manifesting what you desire!

Extend the practice of being grateful for three things each day to three months and notice how much your life shifts in the direction that you prefer and how much more you are manifesting what you desire!

To learn more about the *power of attraction*, contact **Debra Trachy, Life and Transition Coach and Founder of HeartIgnited™** at 206.236.6100. www.heartignited.com