

HeartIgnited™ ...full expression in work and life

*HeartIgnited™ Tip (or HIT) Series
with 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) #8: Vitality©

- What makes you feel like skipping down the street like a little girl or little boy?*
- How much of that feeling do you experience daily?*
- What is one thing you could commit to doing that would increase that giddy feeling?*

CELEBRATE Your Life (just because):

Create your ideal gathering or party (can be as small as two or as large as you want):

- Who will be there? Only invite people you really want to be there.*
- Who do you want to co-create this with you?*
- Where will you gather? Your home, office, or public place?*
- What will you do together?*
- Is there a theme?*
- What will the environment look and feel like?*
- Is there a purpose to your gathering, in addition to having fun?*

*For a dialogue on how to create more vitality in your life, contact **Debra Trachy, Life and Transition Coach and Founder of HeartIgnited™**, at 206.236.6100. www.heartignited.com*