

*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) #9: Joy©*

- What makes your heart sing out loud?*
- How often is your heart singing?*
- Is it as often as you would like?*
- This week experiment with many different things to make your heart sing with joy!*

*Try this BRAINSTORMING EXERCISE:*

*What each of us experiences as joy is a very individual phenomenon. Try this fun exercise for brainstorming about what creates joy for **you**.*

*Get out a blank (8 ½" by 11" or larger) piece of paper and turn it length-wise. In the middle of the page, write this question: *What makes me joyful?* Then start creating tangents off this question by the answers that pop into your head. Create tangents off the tangents. The idea is to free associate and not edit the ideas that are coming to you. Allow yourself to free flow as much as possible. See where each of the tangents leads you.*

*When your paper is filled up, or you feel complete, ask yourself: *How can I incorporate more of these things into my life that make me joyful?* Make a commitment to immediately incorporate some of these ideas into your life.*

*If you want to explore how to create more joy in your life, contact **Debra Trachy, Life and Transition Coach and Founder of HeartIgnited™**, at 206.236.6100. [www.heartignited.com](http://www.heartignited.com)*