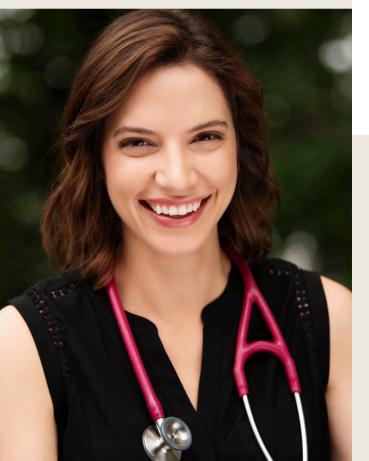
<u>In your</u> <u>own</u> <u>words,</u> <u>what does</u> <u>it mean to</u> <u>live a good</u> <u>life?</u>



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EMBRACING LIFE, HEALTH, AND WELL-BEING

Hi! I'm Lucy (they/she)

I'm a nonbinary, <u>3rd generation</u> registered nurse, and board certified nurse coach who believes in the holistic approach to blending the art and science of life. I have been supporting the selfidentified overachievers, people pleasers, and busy bees of the world since 2019 through my coaching practice, <u>Honey of the</u> <u>Heart Coaching</u>.

Start by...

O1 Relaxing your shoulders.

O2 Relaxing your jaw.

O3

Taking a deep breath.

Heart-felt questions:

- O1 <u>What does it mean to</u> <u>live a good life?</u>
- 02 <u>Do you feel well</u> <u>supported during this</u> <u>time?</u>

How many heartcentered words did you find?

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03

GRATITUDE COMPASSION JOY LOVE HAPPY BREATHE FRIENDLY CONSIDERATE REST LAUGH INTUITION GRACIOUS FREEDOM GROUNDED SMILE GIGGLE LOVING SWEET INCLUSIVE

Finish this statement: <u>In</u> <u>2025, I'm</u> <u>curious to learn</u> <u>more about...</u>

Let me know!

<u>Instagram</u>

<u>Facebook</u>

<u>Website</u>

<u>Patreon</u>