

In your  
own  
words,  
what does  
it mean to  
live a good  
life?



*Honey of the Heart*

EMBRACING LIFE, HEALTH, AND WELL-BEING

**Hi! I'm Lucy  
(they/she)**

I'm a nonbinary, 3rd generation 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 self-identified overachievers, people pleasers, and busy bees of the world since 2019 through my coaching practice, Honey of the Heart Coaching.

# Start by...

- 01 Relaxing your shoulders.
- 02 Relaxing your jaw.
- 03 Taking a deep breath.

# Heart-felt questions:

- 01 What does it mean to live a good life?
- 02 Do you feel well supported during this time?
- 03 **How many heart-centered words did you find?**



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

Let me know!

[Instagram](#) [Facebook](#)

[Website](#) [Patreon](#)

O	O	H	E	T	A	R	E	D	I	S	N	O	C
I	N	T	U	I	T	I	O	N	A	Y	T	H	D
L	A	Y	E	G	N	I	V	O	L	I	G	A	R
E	I	O	G	R	A	T	I	T	U	D	E	P	E
C	D	J	L	S	T	S	A	T	R	E	G	P	S
O	O	S	G	R	A	C	I	O	U	S	I	Y	P
M	E	V	I	S	U	L	C	N	I	C	G	L	F
P	F	I	I	A	T	R	H	D	L	A	G	L	R
A	R	C	T	L	O	V	E	G	T	O	L	S	I
S	E	T	S	M	I	L	E	N	U	I	E	W	E
S	E	N	N	G	I	D	E	I	T	A	A	E	N
I	D	T	E	E	C	T	S	E	R	L	L	E	D
O	O	E	H	T	A	E	R	B	N	I	U	T	L
N	M	A	S	U	D	E	D	N	U	O	R	G	Y

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