



TERRY CHASE
ND, MA, RN
PROFESSIONAL COACH

OPEN A SPACE FOR HEALING...

terry@drterrychase.com



303.941.1989

WWW.DRTERRYCHASE.COM
GRAND JUNCTION, CO

Tell me you remember you are still a human being, not just a human doing. Tell me you're more than just a machine, checking off items from your to-do list. Have that conversation, that glance, that touch. Be a healing conversation, one filled with grace and presence.

Omid Safi (2017)

**A WHOLE-HEARTED LIFE
ONE STEP AT A TIME**

Lesson 1: Take the First Step

- “We must be willing to let go of the life we have planned, so as to have the life that is waiting for us.” Joseph Campbell, Author
- What is your next first step?

Lesson 2: Listen Deeply

- “Opportunities to find deeper powers within ourselves come when life seems most challenging.” Joseph Campbell, Author
- What power is waiting to be discovered?

Lesson 3: Give Back

- “Maybe this one moment, with this one person, is the very reason we're here on earth at this time.” Jean Watson, Nurse Theorist, Author
- Who is that one person?

End Note

- “The antidote to exhaustion isn't rest. It's wholeheartedness.” David Whyte, Author
 - How will you claim your wholeheartedness?
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FIRE UPI!

