Questions for Exploring Giving and Receiving Reflection

Jen Laun, CFP®| [jenerousheart@gmail.com](mailto:jenerousheart@gmail.com)

1. What in your life do you wholeheartedly give to others? How does it feel in your body? Where do you feel it?
2. What in your life do you wholeheartedly give to yourself? How does it feel in your body? Where do you feel it?
3. What in your life do you gracefully and genuinely receive from others or nature? How does it feel in your body? Where do you feel it?
4. What in your life do you gracefully and genuinely receive from yourself? How does it feel in your body? Where do you feel it?
5. Is there anything that you give to others or yourself that is not positive or beneficial? How does that feel in your body? Now shift your focus to what you aspire to give and notice how that feels in your body.
6. Is there anything that you receive from others or yourself that is not positive or beneficial? How does that feel in your body? Now shift your focus to what you aspire to receive and notice how that feels in your body.
7. What season are you in right now? How does it feel in your body? And where do you feel it?
8. Are you giving out more than you are taking in? Your vital energy is going out into the world.
9. Are you just coming out of a period of immense giving and turning your focus inward to gather and recharge, receive?
10. Are you taking in more than you are giving out? Vital energy flows towards you to replenish and nourish
11. Are you fully replenished and getting ready to bloom?