

# Cycle of Giving and Receiving

*Make a list of the ways you have given and received in the past week.*

**Giving**

**Receiving**



## REFLECTION

- What sensations arise as you review the left column, then the right?
- What thoughts arise?
- How will you balance your giving and receiving?
- What needs to be added or subtracted?
- How might you add a receiving element to your giving?
- What might you need to request of others, or yourself?
- Now what will you do?
- How will you affirm yourself?

