

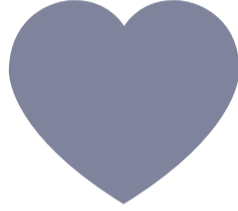




Check the area of your life that feels most demanding?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Household	 Work	 Caregiving (kids, family, pets, etc.)
 Hobbies	 Volunteer	OTHER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Doing: *Acting without a clear connection to self or the task at hand.*

UNDOING THE NEED TO DO

QUIZ

Do you get anxious when you're sitting still for too long?	Y / N
Do you have to complete certain tasks before you can take a break or engage in something fun?	Y / N
Are you always working towards a goal?	Y / N
Does checking an item off your to do list bring you satisfaction?	Y / N
Do you judge people who don't work as hard as you do?	Y / N
Do you live in a constant state of motion?	Y / N
Do you get antsy when your workload is low?	Y / N
At the end of the day, do you feel a lack of purpose or passion?	Y / N
Do you ever feel resentment towards others for not carrying their load?	Y / N
Do you get impatient when someone or something slows down your progress?	Y / N

RATE YOUR LEVEL OF DOING

Low

Moderate

High

UNDOING THE NEED TO DO

REFLECT

When, how and with whom do I do the following with instead of receive?

THINK:

GIVE:

REJECT:

EARN

Where in your life can you receive more?

Who can you receive more from (don't forget yourself)?

What are 3 acts you can take today, this week and this month to be more receptive at work or at home?

WEEKLY INTEGRATION

1

Explore

Complete workbook.

2

Connect

Observe your relationship with receiving in real-time (take notes).

3

Practice

Practice using one of the tools to enhance your skill of receiving.