

# Embrace the Art of Receiving





# UNLEARNING THE LEARNED

Growing up, I learned the importance of giving—whether it was my time, my energy, or even my resources. Giving became my default. But over time, I realized that true balance isn't only about giving.

**Receiving** is an essential part of the **energy flow**. And when I first started embracing the idea of receiving, it felt uncomfortable, even foreign. I was so used to energy moving one way—outward—that allowing it to come toward me took some adjustment.



# #1: ACKNOWLEDGE THE DISCOMFORT

If you're used to giving, receiving might feel uncomfortable at first. It did for me. Allow yourself to feel that discomfort without judgment. Know that this unease is simply your system adjusting to a new rhythm. You're not taking more than you deserve; you're creating a balanced flow.





## #2: RECOGNIZE THE ENERGY EXCHANGE

When you allow yourself to receive, you complete the natural cycle of giving and receiving. Accepting a gift or help from someone gives them the joy of contributing to you, just as you feel fulfilled when you give. It's not about "taking"—it's about creating a flow that honors both sides of the exchange.





# #3: START PRACTICING SMALL ACTS OF RECEIVING

Receiving is a skill, just like giving. Try starting with simple actions:

- Accept compliments: If someone says you did a great job, resist the urge to brush it off. Instead, say, “Thank you, I appreciate that.”
- Let others help you: If someone offers assistance, whether it’s with a task or even advice, take a moment to accept it with gratitude.
- Say “yes” when offered something: It could be a coffee from a coworker or an invitation to relax and take a break. By saying yes, you’re gradually building your comfort with receiving.



## #4: REDEFINE BALANCE IN YOUR DAILY LIFE

Balance means giving and receiving are in harmony. When you give without receiving, you drain your own resources. Think about your relationships, work, or even self-care. Ask yourself, “Where can I allow myself to receive today?” It could be taking a moment to recharge, accepting help with a chore, or asking for feedback and genuinely taking it in. Balance is letting yourself experience both sides of the energy flow each day.





# #5: EMBRACE WORTHINESS IN PRACTICAL WAYS

Receiving is a way to affirm your own worthiness. You don't need to earn it through endless giving. Try these practices:

- Affirm your deservingness: Each morning, remind yourself that you are deserving of kindness, support, and abundance.
- Create space to receive: Allow moments in your day where you're open to receiving—whether that's resting without guilt, giving yourself time to enjoy something you love, or allowing others to support you.
- Reflect on received blessings: At the end of the day, reflect on what you've received, whether it's love, a good meal, or a peaceful moment. Gratitude reinforces your comfort with receiving.



This practice of allowing yourself to receive is about self-worth, abundance, and trust. When you open up, you align with life's flow and invite more growth, wellness, and positivity into your journey. 🌱✨

#powerupholistic

