



Give

Self -

Relationships -

Emotionally -

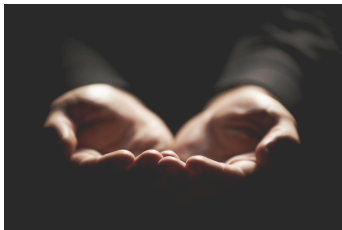
Physically -

Mentally -

Spiritually -

Purpose/Work -

Bonus Question: Do you give openly and freely with no strings attached and no expectations?



Receive

Self -

Relationships -

Emotionally -

Physically -

Mentally -

Spiritually -

Purpose/Work -

Bonus Question: Do you allow yourself to receive openly and freely without self-criticism or guilt?