

The background of the entire page is a close-up photograph of a person's face and hands. The person has long, wavy brown hair. Their hands are visible, with one hand resting on the other. A silver ring with a heart-shaped stone and a small crown-like detail is worn on the ring finger of the hand in the foreground. The overall tone is soft and intimate.

Soft & True

WORKBOOK 8: THE RECEIVING

SAVORING

GRATITUDE
JOURNAL

RECEIVED LIST

KEEP ENGAGING



THE RECEIVING

MODULE 8



You've changed.

You've become more of who you are, less of who you thought others wanted you to be.

You've put a lot in place for YOU to be who you are, value what you value & to enjoy and savor your life.

Let's take the time to do that.

Let this week be a celebration, a harvesting where you feast on life and what you've created thus far. It's okay to look around and to receive the abundance you've created. It won't disappear because you do.

This week, you're upping your tolerance for feeling good and receiving all the magic life has to offer.

SAVORING

MODULE 8: THE RECEIVING

The Upper Limit Problem is the notion that we all have a setpoint for how good we allow ourselves to feel. Past that point, we may feel too vulnerable and bring in worry or something unresolved to bring us back down and keep us "safe".

To bust it? PRACTICE FEELING GOOD. Don't be surprised if it feels both delightfully good AND a little bit painful. Embrace that - it's your upper limit dissolving.

What to do:

(1) When you're feeling good during the day, bring your full attention to it and extend that feeling as LONG as you can.

(2) During the day, whenever something pleasant is happening, bring your full attention to it - explore it with your five senses.

(3) Do this when you notice something you've intentionally created.



EXAMPLES:

Watching your partner be more relaxed
around you

A bite of food you prepared

The sound of rain

A cup of tea with a good book

Your kids playing sweetly

Someone appreciating your work

GRATITUDE JOURNAL

MODULE 8: THE RECEIVING

There's nothing quite like genuine gratitude to boost one's mood and appreciation of life.

However, be careful not to turn this into a guilt trip: "I know I should be grateful, but...". It's fine not to be grateful. Not being grateful is an indication your standards are not being met. So be it. Do the work to raise the and get them met and still hunt for genuine gratitude. It can be something tiny like something huge.

Gratitude is like a muscle, the more we train it, the more we get strong at it and start doing it naturally.

What to do

Every day this week, write down three things you're genuinely grateful for. The more you expand on the gratitude (i.e. write more about it in greater detail), the more the gratitude expands you.

I recommend doing this at night time.



RECEIVED LIST

MODULE 8: THE RECEIVING

It's easy to move on to the next thing, and the next thing and the next thing.

This week you're asked to keep engaging so to actually DO THAT.

In parallel, it's also very important to also receive what you've created so far. You're doing all this for you after all Receive it ;).

What to do

Set a timer for 10-minutes and write down everything you've done, created, received and observed as a result of taking these actions. Don't stop until the timer is up.

Write small things and big things.
Write anything that comes to mind.



KEEP ENGAGING

MODULE 8: THE RECEIVING

You, in your authentic glory
are magnetic to your
dreams.

Add to that an unconditional
knowing that you've got you,
no matter what, a
willingness to take baby
step after baby step and a
capacity to expand with
everything you've created so
far?

Your dreams can't NOT
happen. Your purpose can't
NOT be fulfilled.

Stay the course.

The more willingness you
are to take uncomfortable,
unfamiliar steps, the more
your range of capacity and
possibility expands.



SOFT & TRUE | MODULE 8 | THE RECEIVING



LET YOURSELF GROW YOUR
TOLERANCE FOR FEELING GOOD.

INGE BROER