

Personal Mental Check-In: Giving & helpfulness II

Take a few minutes to pause and honestly reflect on how you live support and helpfulness in your everyday life. This check-in is designed to help you become more aware of what giving and receiving means and what it looks like in your everyday life.

1 Balance between giving & receiving

- Do you find it easy to accept help?

Very easy

Rather easily

Sometimes difficult

Difficult to impossible

- How often do you get support from others when you need it?

Very often

Sometimes

Rarely

Almost never

- Do you feel balanced between giving and receiving? (1=not at all & 5=completely)

1

2

3

4

5

- Is there any support that you could currently use yourself?

2 Effect of giving

- How often do you feel that your giving is really appreciated?

Daily

Several times a week

Rarely

Almost never

- Do you feel you do enough for other people? (1=hardly at all & 5=completely)

1

2

3

4

5

- Is there a small gesture you would like to do today to help or make someone happy?

Yes, and I will do it

Yes, but I don't know how yet

No, not at the moment

3 Gratitude

- Did you consciously say thank you for something today?

Yes, in fact: _____

No, but I will do it

No, I don't know how

- What three moments of giving or receiving have touched you recently?

1. _____

2. _____

3. _____

- What would you like to resolve to do in your giving and helping?

Conclusion & reflection

What have you realized about your willingness to help through this check-in? Is there anything you would like to do differently in the future?

Take a deep breath and thank yourself for this moment of reflection.