



# Giving from Your Overflow

## 1. Stopping Leaks:

- Worries
- Limiting beliefs
- Unprocessed emotions

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## 2. Removing Rocks:

- Shoulds and ought tos
- Actions and activities that don't align with your heart / spirit / values
- Your Environment (e.g. physical objects that don't serve you or bring you joy)
- Distractions and addictions
- Unprocessed intense experiences from the past
- Pseudo-nourishment or fake filling

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### 3. Filling to Overflow

#### Not Refilling:

- In what ways do you block flow?
- Where do you look outside you for fulfillment?

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#### True Refills

- What makes you feel filled and refreshed?
  - Time by yourself in silence
  - Time in nature
  - Physical movement
  - Creativity
  - Practices
  - Sleep

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