The Giving Equation

The balance between what you offer the world and what you expect in return

Encouragementology®
the practice of instilling hope

DAY 1 – Where Am I Most Generous?

When I think about the ways I give—emotionally, physically, mentally—what area stands out the most?

- What motivates me to give in that area without hesitation?
- How do I feel afterward—fulfilled, depleted, or indifferent?
- Who benefits most from that generosity, and do I recognize it?

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DAY 2 – What Do I Expect in Return?

Do I give freely or secretly hope for something in exchange?

- Where in my life do I feel disappointed by unmet expectations?
- Are those expectations ever clearly communicated—or just assumed?
- How would giving with no strings attached shift my perspective?

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DAY 3 – Do I Feel Entitled to More?

In what ways do I feel like I deserve more from others or life itself?

- Where does that feeling of entitlement come from—comparison, lack, or past experience?
- How does that mindset affect my energy and relationships?
- What would it look like to replace entitlement with curiosity?

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DAY 4 – When Has Giving Healed Me?

Can I remember a time when giving actually helped me feel better, stronger, or more connected?

- What was I struggling with at the time, and how did giving shift my mood?
- What kind of giving comes most naturally to me—listening, helping, encouraging, showing up?
- How can I intentionally use giving as a tool for my own growth?

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DAY 5 – Am I Ready to Rebalance?

If there's an imbalance between what I take and what I give, am I willing to shift it?

- What would rebalancing look like in my daily life?
- What small habit could help me give more consistently without burnout?
- What might I gain—emotionally or spiritually—by giving more intentionally?

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REFLECTION

Looking back over the past five days, how has my understanding of giving and taking changed?

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- Where have I been unknowingly taking more than I give, and how can I correct that?
- What relationships or situations might benefit from a shift in my energy or intentions?
- How will I measure the impact of giving moving forward—internally, not externally?