

Episode #27 - Increasing your Receptivity



Why be open to receiving?

1. What I'm able to receive ties in to how I see myself. When I allow my self to receive, my Self-identity can expand.
2. Willingness to receive moves you from "I'm all alone" to "someone else is with me." I will feel supported and not as overwhelmed or stressed.
3. Enhances sense of connection and therefore strengthens relationship.
4. When the cycle of giving and receiving is complete, the giver receives as well.

We're already skilled at giving.

How do we become skilled receivers?

Tips

1. When someone is offering you something, be aware, push pause, breathe, and take in his or her enthusiasm for you.
2. Reflect back on your day and notice where you blocked the receiving and where you were willing to receive. Look back for any times when you may have missed an opportunity to receive something good that was offered to you. What did you say when someone offered help? How did you deflect the words of encouragement or acknowledgment? Become more aware of your habits around receiving. Noticing the patterns will help you make adjustments as needed.
3. Set an intention for the willingness to be willing to receive. Can I allow it and what would it create? What beliefs are in the way and what shifts are required to remove those obstacles? Will I feel more connected, more seen, more appreciated, less stressed?
4. Open your channel for receptivity. Consider a random act of kindness for yourself today. What is the kindest gentlest thing I can do for myself right now?

We would love to hear your questions and comments about receptivity. If you have enjoyed this episode, please share it. And if you haven't already subscribe to ReThinking Leadership, serving fresh ideas over coffee, please go over to Apple podcasts, subscribe, rate and review. Thank you, we look forward to next time.

Connect with De and Jackie!