

Receive First. Give Second.

How to Refuel Your Life Before Lighting Up Others'



@PhilJanuszewski



•SPEAKER  •TEACHER  •CREATOR 

Thrive!...Not Just Survive!

Keynote Speaker & Coach For Givers

Let's Connect!





What is Our Personal Algorithm of Influence?

Just like social media shows us more of what we click on, our minds give us more of what we focus on and surround ourselves with. Let's get intentional about influencing our own life's algorithm and what we receive daily.

Our Own Life-Algorithm Reflection

The table below will help you organize questions #1 and #2:

1. Who or what do you spend the most time engaging with each day (think about people, social media, specific phone apps, music, etc.)? List the top 5 people or things you interact with daily.
2. How do each of those influences above make you feel? Label all of those feelings. (Examples: *Energized, drained, encouraged, judged, calm, empowered, worried, bored, excited, anxious*)

Top 5 People/Things I Engage with Daily	The Way This Influence Makes Me Feel

3. Are majority of these influences above helping you receive what you want to feel more of?
4. What is one positive influence you want to increase in your life? (Ex: talking to a certain friend, following uplifting content, listening to motivating music)

5. What is one influence you might want to mute, declutter, or reduce in your life?
(Ex: doomscrolling, gossip, arguing)

6. What's one change to your personal algorithm you're going to try this week to create more positive change for you?

7. How could intentionally receiving from better influences help you give to the world more effectively?

**What we let in shapes what we put out into the world.
When we surround ourselves with people,
messages, and moments that lift us up,
we don't just feel better, we *become* better.**



Receiving and the Benefits to Our Wellness

Receiving can be just as impactful as giving, yet many adults struggle with it. Positive psychology highlights the importance of receiving for mental and emotional wellbeing, as it supports a balanced and fulfilling life.

Why Receiving Matters for Wellbeing

1. Increases Life Satisfaction

Receiving allows us to fully experience support, recognition, and love leading to a deeper sense of fulfillment and well-being.

2. Builds Resilience and Social Trust

When we accept help and encouragement, we strengthen our belief in others and our ability to navigate challenges together.

3. Broadens Our Capacity for Joy

Welcoming positive moments like compliments or acts of kindness helps us savor life's goodness and expand our emotional bandwidth for happiness.

4. Fuels Our Ability to Give Without Burning Out

By receiving regularly, we replenish our own emotional reserves allowing us to give to others from a place of energy and abundance, not exhaustion.

Rate Yourself: How Well Do You Receive?

Reflect on how you respond when someone gives sends a compliment, offers help, gives you feedback, or expresses love. Do you feel comfortable accepting, or do you tend to deflect or downplay it?

Rate Your Comfort with Receiving

For each statement, rate yourself on a scale of 1 to 5 (1 = Not at all, 5 = Very much so).

- | | | | | | |
|---|---|---|---|---|---|
| a. How comfortable are you with accepting compliments from others? | 1 | 2 | 3 | 4 | 5 |
| b. How often do you ask for or accept help when you need it? | 1 | 2 | 3 | 4 | 5 |
| c. How easy is it for you to receive feedback, even if it's constructive? | 1 | 2 | 3 | 4 | 5 |
| d. How comfortable are you with receiving love/affection from others? | 1 | 2 | 3 | 4 | 5 |
| e. How important is it to be able to receive in order to give back? | 1 | 2 | 3 | 4 | 5 |

4 Ways We Want To Receive:

Let's dig into these 4 ways to receive and why they are so important to our wellbeing!

1. Receiving Compliments: When we receive compliments with a genuine "thank you," we validate the positive views others have of us. This can quiet our inner critic, boost our self-esteem, and help us see our own strengths.

2. Receiving Help: Receiving help is not a sign of weakness, it's a powerful way to invite connection and collaboration. Allowing others to support us can ease our burdens, reduce stress, and increase productivity. It also gives others the chance to support us, deepening trust and creating caring relationships.

3. Receiving Feedback: Taking in feedback with an open mind can be a powerful way to grow. Though it is sometimes uncomfortable, feedback provides new points of view that can sharpen our skills and expand our perspective. If we can receive it, we can improve.

4. Receiving Love: Whether through words, actions, or presence, love requires vulnerability and openness. It means allowing ourselves to be fully seen, appreciated, and cared for. When we receive love without pushing it away, we feed our emotional well-being and deepen our relationships.

Prove To Ourselves That We Can Receive All 4 Ways!

Answer the following prompts honestly. Don't aim for perfection. Just be honest.

1. Receiving Compliments

Receiving compliments with openness supports identity growth, self-worth, and gratitude.

- a. A compliment I received and let positively affect my self-esteem:
- b. A compliment I deflected or made a joke about instead of accepting it:
- c. A compliment I gave that clearly made someone feel seen or valued:

2. Receiving Help

Allowing help increases emotional well-being and prevents burnout; especially for adults that give often to their families and careers.

- a. A time I fully received help and let it support me:
- b. A time I dismissed help I could've used (maybe out of pride or guilt):
- c. A time I offered help to someone and it felt rewarding:

3. Receiving Feedback

Feedback fuels growth, self-awareness, and skill development; especially when we receive it with openness and curiosity.

- a. A time I truly soaked in feedback and felt better because of it:
- b. A time I shrugged it off instead of owning the support:
- c. A time I gave helpful feedback and felt proud about it:

4. Receiving Love

Love (when felt and accepted) builds long-term emotional resilience, trust, and flourishing.

- a. A time I allowed myself to feel deeply loved or appreciated:
- b. A time love was offered, but I resisted or minimized it (maybe unintentionally):
- c. A time I gave love freely and felt more connected and joyful afterward:

How Do We Move Forward With Receiving?

1. Which type of receiving is easiest for me and why do I think so?
2. Which type of receiving is hardest and what's blocking me from accepting it more freely?
3. How do I think being more open to receiving could specifically impact my overall well-being and quality of life?
4. What is one small way I can practice receiving more this week (intentionally)?

Challenge for This Week!

Challenge yourself to say “thank you” without blocking the energy when you receive something. Notice if you get uncomfortable at all and try to embrace the positive feelings when you push through to graciously receive.

**Let people love you. Let them support you.
You're not weak for needing it. You're wise.**

**The best givers are also the ones
confident enough to receive.**



Receiving Emergency Contact List

Let's identify people in our lives that we can receive love, feedback, help, and compliments from.

My Receiving Emergency Contact List

Before we pour into others, we need to intentionally receive. Think of your life as an old school emergency phone contact list, but with people who fill your cup when you need it most. Use this list to reflect and build awareness of your support systems.

Try to fill in as many spots as you can. You may find it difficult to do so and that is ok! Now you know an area where you can search out a good friend!

Category	Name of Person
<i>Someone who gives me energy</i>	
<i>Someone who listens deeply to me</i>	
<i>Someone who gives me great advice</i>	
<i>Someone who loves me unconditionally</i>	
<i>Someone who compliments me often</i>	
<i>Someone who makes me laugh</i>	
<i>Someone who motivates me</i>	
<i>Someone I can ask for help</i>	
<i>Someone who makes me feel powerful</i>	
<i>Someone who can be completely honest with me</i>	

Bonus Challenge

Who would add your name on their list for some of the above categories?



Recharge Before You Reach Out

You can't light up the world when your own battery is drained. Just like a phone needs to be plugged in daily, you do too. When you're recharged, you're more likely to be calm, creative, compassionate, and connected.

Step 1: Name Your Recharge Sources

Take a moment to reflect on what genuinely recharges your mind, body, and soul. These should be things that give you energy, not just distract you.

Fill in at least one for each:

Recharge Category	Activity or Person	How it recharges you <i>(mind, body, soul, etc.)</i>
Physical (body)	<i>(Ex: exercise, sleep, stretching)</i>	
Emotional (heart)	<i>(Ex: venting to a friend, receiving hugs)</i>	
Mental (mind)	<i>(Ex: reading, puzzles, learning something)</i>	
Spiritual (soul/purpose)	<i>(Ex: journaling, prayer, volunteering)</i>	
Creative/Fun (joy)	<i>(Ex: baking, painting, jamming to music)</i>	
Micro-Recharges (5 mins)	<i>(Ex: deep breaths, dancing, sunlight)</i>	

Step 2: Recharge Check-In

1. How often do you intentionally recharge during a typical week?
☐ Daily ☐ Few times a week ☐ When I crash and burn
2. Which area in the above table is most neglected in your life?
(*Physical, Emotional, Mental, Spiritual, Creative, Micro-Recharges*)
3. What are your personal warning signs when you are overdue for a recharge?
(*Ex: snapping at loved ones, dreading work, zero motivation, impatient?*)

Step 3: Make Your Recharge Plan

1. Choose 1 recharge source to double down on this week:

➔ I will _____ for at least ____ minutes ____ times this week.
2. Pick a daily micro-recharge to try during breaks or transitions this week:

➔ My go-to quick recharge will be _____.
3. Who supports your recharge time (or who needs to know about your plan)?

➔ I'll let _____ know, so they can cheer me on or give me space.

Bonus Challenge:

- Share your favorite recharge ritual. Inspire someone else!
- Share one thing you are committing to this week that will fill you up!