




# 3 WAYS TO PRACTICE

*radical receiving*

and what it can do for you





**“Until we can receive  
with an open heart, we're  
never really giving with  
an open heart.”**

—  
**BRENÉ BROWN**





# 3 WAYS TO PRACTICE *radical receiving* and what it can do for you

How do you feel about receiving?

Giving is wonderful, but **receiving** is a normal and necessary part of life, too.

There are wonderful people, things, and experiences that want to come into your life, but that can't come in yet, because you are blocking them with your *discomfort around receiving*.

Here are three simple, easy, guilt-free ways to begin welcoming more into your life.

# Way # 1 to Practice Radical Receiving

## # 1. Become aware of how, when, and where you are already receiving.

Approach your day as a constant, expected and unexpected flow of people, places, things, and experiences to receive:  
a smile from a stranger, a green light, a great idea, a friendly phone call, good news, a great parking spot, etc.

In allowing and acknowledging these moments consciously, you are being mindful of how plentifully things flow to you *and* accepting your life as it unfolds.

*The first step to accepting and allowing more to come into your life is seeing that receiving is already happening, easily, naturally and flawlessly, fully and freely, perhaps even wholeheartedly, throughout the day.*

Get deliberate about receiving – and expecting to receive – and see what shows up!



# Way #2 to Practice Radical Receiving

## #2. Make a list of meaningful things you've already received.

Keep in mind, these could be non-material:  
people, opportunities, relationships, feelings, thoughts,  
memories, etc.

For instance, at one point in time, your best friend was a stranger.  
You allowed or received that relationship into your life.

Allow your imagination to guide you.

Reflect:

*What did you receive in those moments?*

*How or why did receiving it make a difference in your life?*



# Way #3 to Practice Radical Receiving

## #3. Wrap your mind around the concept.

Radical receiving is a mindset shift where you practice of seeing the world as not just what-is, but something far more.

It's far from the the-world-is-conspiring-against-me mindset you may have grown up with...it's much more playful and fun.

*It's living with the **expectation** that the world is actually set up to be generous.*

*Perhaps it's even conspiring **in favor of** what is most generous, for you and for everyone else.*

Try this on for three days and see what happens!



**Get back on your personal path to accepting, allowing, and receiving more into your life.**

[Take a peek at Radical Receiving, my 5-week Mini-Course.](#)

See what it could do for you.



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