

THE 7 AREAS OF LIFE

A Questionnaire of Remembrance

AREA 1: SELF & IDENTITY

Who you are when no one is watching

You existed before the roles you play. Before the helper. Before the strong one. Before the person everyone calls when things fall apart.

Reflect:

- *When did you last do something purely for yourself, not as a reward, not to recover from giving, but simply because you wanted to?*
- *Can you name three qualities you possess that have nothing to do with what you do for others?*
- *If no one needed anything from you for one full week, who would you be?*
- *Do you believe you are worthy of the same care you give so freely to others? If not, when did you stop believing that?*
- *What would it feel like to introduce yourself without referencing what you do for people?*

I am not defined by my giving. I am a whole person whose worth existed before I gave a single thing to anyone.

AREA 2: RELATIONSHIPS

Love, connection, and what has been taken in its name

Giving in relationships is beautiful, until it becomes one-directional. Until your presence is taken for granted and your absence is met with punishment rather than understanding.

Reflect:

- *In your closest relationships, who gives more, consistently, over time?*
- *Have you ever shrunk yourself, silenced yourself, or sacrificed a need to keep peace?*
- *When you imagine receiving the same love you give, does it feel possible, or does it feel like fantasy?*
- *Have you confused being needed with being loved?*
- *Is there a relationship in your life that you have been maintaining almost entirely on your own energy? What would happen if you stopped?*
- *Do the people closest to you know your needs? Have you ever told them?*

I deserve relationships where my presence is cherished, not just used. Love is not a transaction I should always be losing.

AREA 3: FAMILY

The ties that bind, and sometimes drain

Family is often where the giving pattern begins. Many givers learned to give to survive, to keep the peace, to earn love, to be seen as good. That learning runs deep. But it is not a life sentence.

Reflect:

- *Did you grow up feeling that love in your family was conditional, given when you performed, withheld when you did not?*
- *Are you still playing a role in your family of origin that was assigned to you as a child?*
- *Do you give to family members out of obligation more than genuine desire?*
- *Is there a family member who consistently takes from you, emotionally, financially, or energetically, without reciprocity?*
- *Have you ever said no to a family member and felt guilt that lasted for days? Where did that guilt come from?*
- *What would family relationships look like if everyone carried their own weight?*

The family I was born into shaped me, but it does not own me. I am allowed to love my family and still protect my energy.

AREA 4: WORK & PURPOSE

What you were built to do, and what has been extracted from you

Givers are often the most exploited in professional environments. Their reliability, their warmth, their willingness to go beyond. These qualities are frequently rewarded with more responsibility and less recognition.

Reflect:

- *Do you regularly go beyond your role at work, covering for others, absorbing extra tasks, being the one who holds things together?*
- *Have your contributions been consistently recognised and rewarded, or have they been taken as expected?*
- *Do you feel your work aligns with your purpose, or are you using your gifts in service of someone else's vision at the expense of your own?*
- *Are you afraid that if you gave less at work, you would be seen as less valuable, less enough?*
- *What would it mean to give your gifts only where they are genuinely honored?*

My talent and effort have value. I do not have to exhaust myself to prove I belong. I have always belonged.

AREA 5: HEALTH & BODY

The vessel you have been neglecting while tending everyone else

The body keeps score. Every time you gave when you were depleted. Every time you stayed up late for someone else's crisis. Every time you skipped rest, skipped meals, skipped the appointment, because someone else's need felt more urgent than your own survival.

Reflect:

- *On a scale of 1 to 10, how would you honestly rate your physical wellbeing right now?*
- *When did you last prioritise your health without guilt?*
- *Are there physical symptoms, fatigue, tension, illness, that have become so familiar you no longer register them as warnings?*
- *Do you feel that caring for your body is selfish or indulgent?*
- *What does your body need right now that it has not received?*
- *If your body could speak to you directly, what do you think it would say?*

My body is not a machine to be run into the ground. It is the home I live in. It deserves the same tenderness I give to everyone else.

AREA 6: FINANCES & MATERIAL WELLBEING

The cost of giving that no one talks about

Givers often give materially as well as emotionally. Money lent and never returned. Opportunities declined to support someone else. Resources stretched thin while others live comfortably from the overflow of your generosity.

Reflect:

- *Have you ever given money, resources, or opportunities that were never acknowledged or returned?*
- *Is there someone in your life who benefits financially from your generosity while contributing little?*
- *Do you feel guilt about wanting financial security for yourself?*
- *Have you ever said yes to financially supporting someone when it genuinely hurt you to do so?*
- *What would your financial life look like if you had kept every resource you gave away out of guilt or obligation?*

I am allowed to be financially secure. I am allowed to keep what I earn. My worth is not measured by what I fund for others.

AREA 7: SPIRITUALITY & INNER LIFE

The light within you that has been shining for everyone but yourself

Light workers, healers, empaths, those who are tuned to a higher frequency, are especially vulnerable to giving past their limits. Because giving feels like purpose. Because it is purpose. But purpose without boundaries is not sustainable. Even the sun sets.

Reflect:

- *Do you feel spiritually replenished, or have you been drawing from an empty well?*
- *Have you been using your spiritual gifts, your intuition, your empathy, your wisdom, in service of people who do not honor them?*
- *Do you have a practice that fills you, that is entirely about your own spiritual restoration?*
- *Have you received clear inner guidance to stop giving to a particular person or situation, and ignored it?*
- *What does your highest self tell you about where you are right now?*
- *If the universe were speaking to you through this book, what do you believe it is saying?*

My light is not a public utility. It is sacred. And it is allowed to shine first, and most brightly, for me.

THE DECLARATION

I have been good.

I have given well.

I have loved deeply, served faithfully, and shown up when others could not or would not.

I do not need anyone to confirm this.

I know what I have given.

I know what it cost.

And I know that the season of giving without return is over.

Not because I have become hard.

Not because I no longer care.

But because I finally care enough, about myself, to stop.

I am enough.

I always was.

And from this day forward, I give from overflow, never again
from emptiness.

This is not the end of my generosity.

This is the beginning of my wholeness.