

# GIVING BACK

*Guide*

HOW TO ENRICH YOUR LIFE BY GIVING WITH MEANING

*Carollyne Corner* ♡



CONTENTS

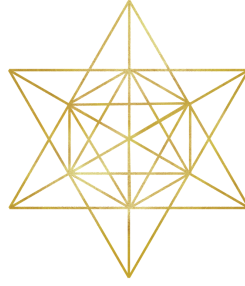
3 | Introduction

4 | Ways of Giving

7 | Being Charitable in Your Daily Life

10 | Tools

18 | Stay Connected



*Hi Lovely,*

I'm so happy you're here and I hope this will help you in giving back, both to yourself and to others. When you truly embrace the spirit of giving and understand the motivation to give, you find more joy and more meaning in life.

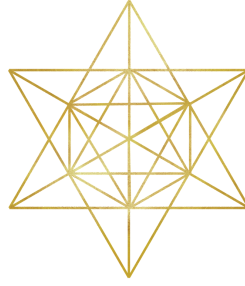
It's so important to listen to our inner voice and help the causes and the people that pull on our heartstrings. Our soul is calling us to do that and we need to follow that urge to give.

I'm going to walk you through all the different ways and motivations for giving back in this guide. I also provide you with some helpful tools that you can start practicing daily to keep the spirit of joy and giving alive in your everyday life

People who have lots of empathy and want to make the world a better place, who want to have an impact and make change—they often want to help others. The truth is we can inspire others with our actions.

With your life, you can inspire others. That's your biggest gift to the world. When you do your work and integrate it into your life, that's a lot to do—and it's the most you can do. I hope these tools will help you in giving back to yourself and the causes most near and dear to your heart!

All my love,  
Carollyne



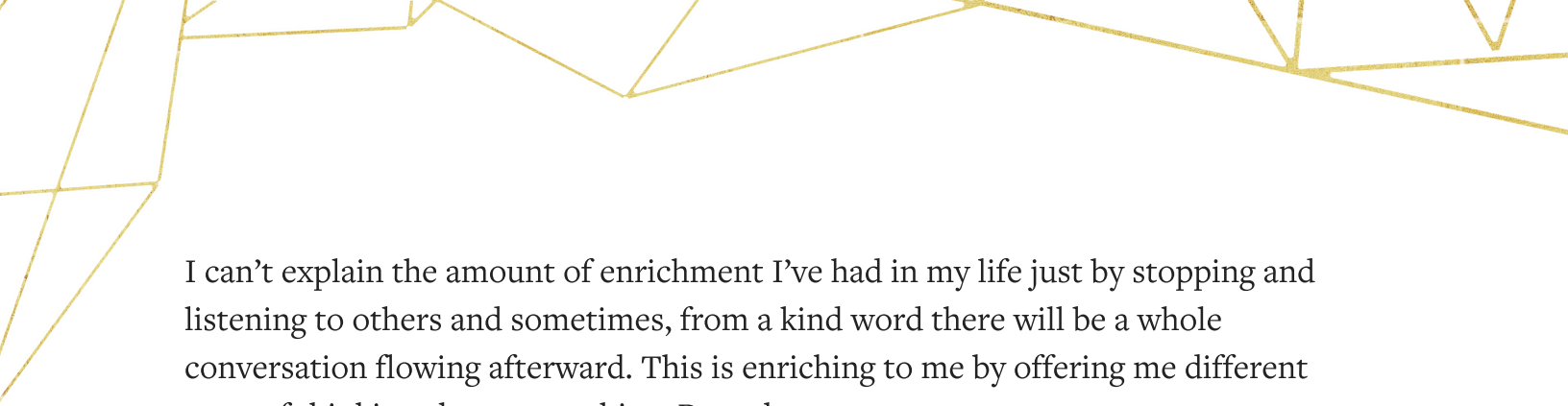
# WAYS OF GIVING

It's important for us to understand what it means to give back and what is motivating us to give. To find where we joyously love to give, we must listen to our self and our soul calling—and follow that.

Sometimes it's great to donate money to a cause. We know it has an impact and can change lives and change situations. We may get a thank you, or we may not. The act itself is very satisfying. We feel good when we are in this mood of giving.

The mood of giving should be enhanced and embraced everyday. It's not as easy to be charitable and helping when our day-to-day work takes over. But giving, even when we are busy, makes it all the more significant and special. The thought of giving back and kindness is in our day to day life and it doesn't have to always be about spending money or giving items.

Giving back can be in the value of a smile, the acknowledgement of seeing someone and asking “how are you doing”—and really meaning it and being interested. Taking time for another person is so important. Time is one of the greatest values we can give to everyone in our lives.



I can't explain the amount of enrichment I've had in my life just by stopping and listening to others and sometimes, from a kind word there will be a whole conversation flowing afterward. This is enriching to me by offering me different ways of thinking about something. By truly listening to my conversation partner and seeing why they have needs and frustrations or extreme happiness. Sometimes you can pick up on this aura of being healthy and feeling great in conversations we have on the street and in the shop.


I've always done this, since I was a child. I was always curious and constantly talking to people and mostly got the most beautiful feedback from this. People are always so grateful, they start to spark and light up—and that's enriching to me as well. Whatever I get out of this, I'm not doing it because I want to know something. I'm doing it because I think it's simply nice to have a conversation.

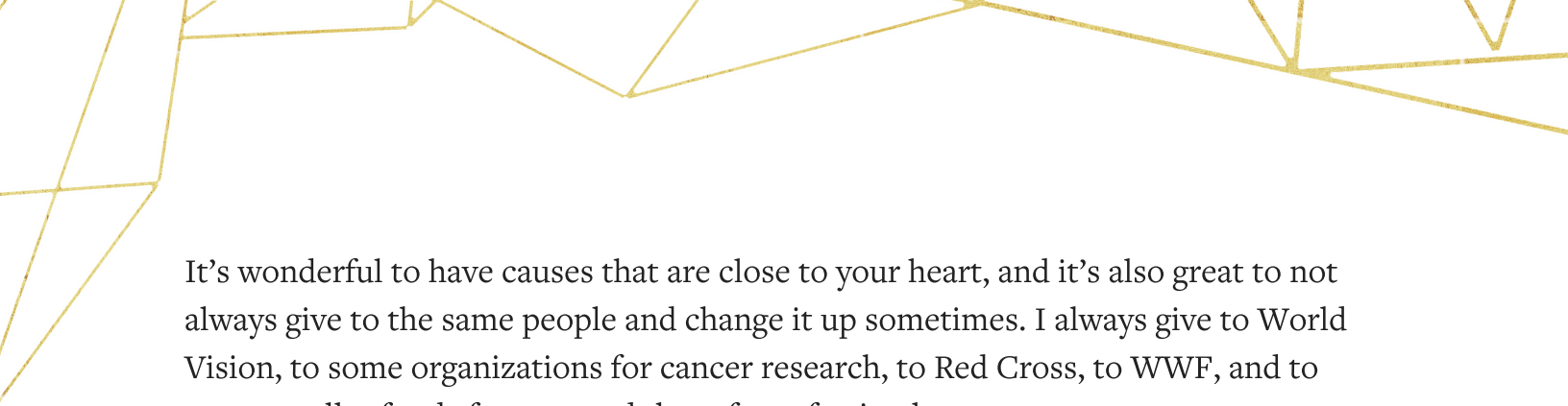
What comes out of these conversations is more knowledge, more inspiration. and sometimes even, maybe sadness. Seeing why somebody is frustrated or sad, that is also enriching because it's life. Life is here to be lived and enjoyed, in all the parts, the happy and the sad.

It's not about just being charitable at end of year when we write checks for causes. But it's still very important to do that too, I think it's amazing.

I give money every year from my own business to an organization called Women on Wings and my husband and I have always given to charities together since we were married. Since the age of 16, when I first started earning money, I was giving to the World Wildlife Fund (WWF) and GreenPeace.

My family has given money for two godchildren, one with World Vision in Africa and the other is in southern India. I really love them and we get to write letters to each other. The sum of money actually goes to the godchild's family so they can use it for things like access to clean water and education.




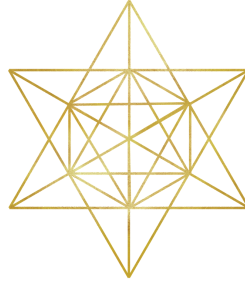


It's wonderful to have causes that are close to your heart, and it's also great to not always give to the same people and change it up sometimes. I always give to World Vision, to some organizations for cancer research, to Red Cross, to WWF, and to some smaller funds for pets and the safety of animals.

I've always been concerned about our environment, it's a big passion of mine to give money to that. I was the first one at school who would go and buy recycled paper and notes. I love supporting Women on Wings because it's about women empowerment, giving them funds to start their own company, especially in countries that are less developed than Europe and USA. It's even more important to empower them and give them help from our lucky position, where we are so lucky to have so much more than others, and possibilities so much nearer to equality than for women in other countries.

I always give to little charities too. I had girlfriends whom both died of breast cancer but had little charities that are in my area that they helped and it was a great comfort for them to be able to give back. We will continue to give to them because we know they really have an impact. I also help the little charities here that will help with pets that have been neglected. I know they do a good job and that's why we want to give something to them, so they can carry out the part that they're doing in helping the world.






# BEING CHARITABLE IN YOUR DAILY LIFE

Giving back with money and time is just one part of being charitable. It's important to also be charitable with yourself and with others.

You have to give to yourself too through self-care and put yourself first as a woman. When you invest in that thought, you are being charitable to yourself. With this sense of day-to-day charity that you can embrace in your life, you'll start to feel more filled up and it will be so uplifting for you. From there, you are even more able to give to others because you are giving to yourself too.

When you're charitable to yourself and give time and care for yourself and stand up for yourself, you'll be in a better state of mind, and energetically, in a better way

You must do it for yourself first. Give to yourself. Then, it's so much easier to give when you're also giving to yourself as well and taking great care of yourself.




It is so important to have a purpose. It's so fulfilling to stand behind a cause and connect with others so we can change something in our lives and in the lives of other people. It doesn't matter how big or small, if you find something that is not right, really put all your power behind that and give of yourself to that cause and that purpose. To bring change to a particular problem, that's something that means a lot in life, so it's crucial that you go for it and try to change it when you feel that sense of purpose.

I want to share some ideas of how you can be more charitable in your life. If you're a mom with a job and wish you had more time for yourself, find a friend nearby so you can swap time watching each other's kids—and take that 2 to 3 hours per week and do something for you. Or maybe you'll even have a group of women who circle together to watch the children.

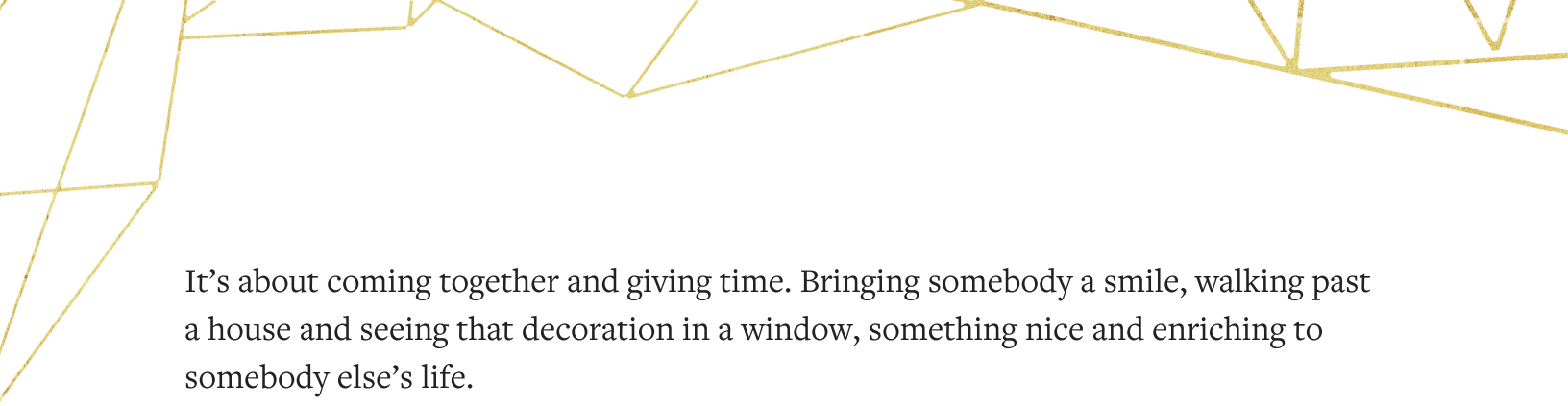
If you're thinking about people or see someone who doesn't have winter clothes, don't just look in your closet, but also reach out to other people to get involved too. Set up a clothing rack with a sign that says “Please take a coat, please donate your coat.”

My friend who passed from cancer used to go into the woods and gather all the pinecones and other things to do decorations. She would cut and prepare them, and then all our girlfriends would come for an open day, with neighbors and friends, and make decorations together with seasonal music and hot tea. We'd share decorations and techniques.

During the holidays, there was a wonderful idea in our neighborhood that one window in each home would be one of the days leading up to Christmas day, counting from December 1st through December 24th. Each house would decorate for 1, 2, 3, and so on—and everybody was free to do whatever.






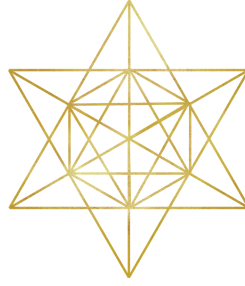


It's about coming together and giving time. Bringing somebody a smile, walking past a house and seeing that decoration in a window, something nice and enriching to somebody else's life.

I always have my friends around for baking cookies. We have wine and eat salty things and then make cookies together. Everybody brings two cookie doughs, so by the end, we have so many different kinds of cookies.

There are many ways to do some things and give back and bring people together. Maybe you will buy presents for a family who needs extra help or volunteer at your local soup kitchen and serve a warm meal to the homeless. The possibilities are endless and you can decide on whatever feels the best for you. With little things, you can be charitable and change both your own and other people's lives.





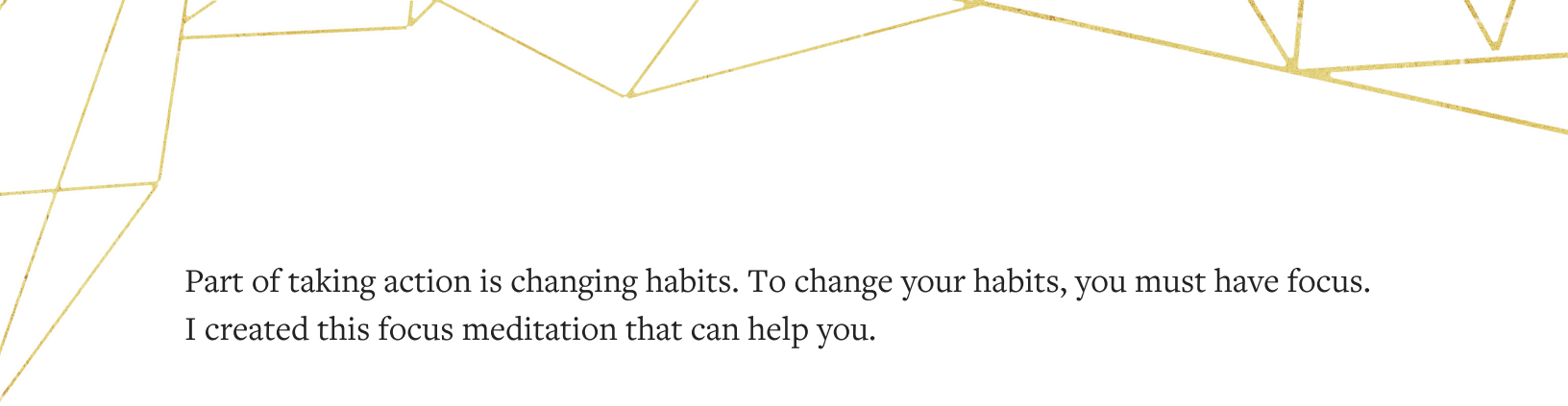
# TOOLS

Here are some tools you can use in your everyday life to start giving back and knowing yourself better. I want to explain why these tools are so powerful—and why I'm sharing them with you. All of these tools will help you in being more charitable.

You must know yourself in order to give back. I can't stress enough how important it is to know yourself. You have to be able to connect with your soul so you know which causes are important for you and know how you want to give.

As women, we all have that part of the soul that wants to be giving because we know it is fulfilling. Knowing what is fulfilling for you is so important to leading a happy life. It's easy to like or post on social media about a cause, but it's so important to go that one step further and bring change with action.

You can have a great impact with your daily habits of generosity. You will feel more fulfilled. It's not about giving money all the time. There are so many ways to give and be generous. Maybe you organize clean-ups in your neighborhood or take care of a garden that needs care. Find what makes you feel fulfilled—and then do that.




Part of taking action is changing habits. To change your habits, you must have focus. I created this focus meditation that can help you.

[Click Here to Listen to the Staying Focused Meditation](#)

To give back, it's really quite simple. Be more aware and open your eyes to the reality around you and the reality within you. How much do you spend time with yourself? How much do you get in touch with your soul? How much do you listen to the whispers of your soul and actually feel inspired?

Start to use these tools and strategies in your daily life and see the change that happens for you and for the people you give to.



# UPLIFT IN THE MORNING

Every morning, you want to create a new start and reach the highest vibration possible once you get out of bed. I often call this the “Teeth Brushing Self-Love Ritual.” When you have a daily practice in your life, your life gets better.

Step 1: While you’re brushing your teeth, think of 5 things that lift you up right now, 5 things that would fulfill you and 5 things you want to change. It can be anything, from the bird singing outside your window to if you got enough sleep to if you don’t have a pimple on your skin. Go with whatever spontaneously comes into your mind. Try to let yourself come up with new things you love.

Here are a few easy examples:

- I’m really proud of myself for doing what I have to do, even though I don’t enjoy getting up in the morning and I wanted to keep sleeping.
- Even though I have curly hair, I’m happy that I’m nonchalant about it and don’t spend too much time trying to change it. I accept my hair as it is and I think that’s a great thing.
- I like my feet because they carry me where I need to go and I have pretty toenails.



Or you may choose something more deep:

- I love that I stand up for myself and I am not a doormat.
- I love how spontaneous I am and how I love to go with the flow
- I love that I'm kind to people and then people are kind to me

Whatever you think of, it's really important that you let it flow. Embrace whatever 5 things come up for you right away, without any judgment.

Step 2: Once you have the 5 things for the day, elaborate on one thing you really want to change and stick with this thing for one week. Go on about this to yourself and add more positivity to that thing you want to change.

Go on and keep expanding on why you want to change this one thing for a minute.

This exercise will automatically raise you to a higher vibration and help you get into the flow and start narrowing on the things you really want to change.

## When to Use This Tool:

Do this every morning.





# INSTANT STRESS RELIEF

This tool is for the days when you fall into a pit—when you are having a tough day. When guilt, fear and overwhelm creep in, it's easy to think: "Well, I already messed up." This tool will help pull you out of that mindset right away.

There's no reason to beat yourself up and by doing this breathing technique, it'll get you out of the place of frustration and instead, accept where you are right now.

If you're in need of instant stress relief, deep breathing will help relax you. Deep breathing brings us down and take the feelings of stress and pent-up energy out of us.

Step 1:

Breathe in to the count of 4, hold for the count of 4, breathe out to the count of 8.

Repeat this twice.

## Step 2:

After you've done this pattern twice, continue to breathe at this pace (in for 4, hold for 4, exhale for 8), and start to breathe in whatever you feel you are missing and whatever lights you up. A great example is to breathe in light through the top of your head (crown chakra), or to breathe in a sense of peace, ease or calmness. Choose whatever feels right for you. Breathe this in to your body, hold it for four counts, and then, while exhaling to the count of 8, release what no longer serves you.

Here's an example of this practice in action. Imagine it's near the end of your day and you couldn't finish something at work, so you start to feel stressed. Take a deep breathe, and then start breathing in while thinking to yourself "Everything I've done is done well. This is just how far I came today and I'm okay with that." Then breathe out everything that doesn't serve you.

This practice will offer you a total nice stress relief whenever you need it.

## When to Use This Tool:

Anytime. You can do this tool everywhere (at your desk, in the bathroom, in a meeting). Also, do this before you start meditation.

# QUICK TUNE IN MEDITATION

This is a wonderful, go-to meditation that is like a quick tune in for you. You can use this as a forgiveness tool, to forgive yourself or someone else. Or this can be an empowering moment, where you accept that this is who you are and where you are.

Step 1:

Rub your hands together to activate your hand chakras.

Step 2:

Place your hands facing upwards on your knees.

Step 3:

Breathe in deeply

(Breathe in for 4, hold for 4, exhale to count of 8)

Step 4:

Start breathing in all the chakra colors. (red, orange, yellow, green, light blue, violet, golden sparkly light). Do it for each color on your inhale.

Keep breathing in the rainbow of chakra colors.





### Step 5:


On your exhale (still to the count of 8), think about letting go, about forgiveness, about accepting yourself. Anything that seems gray, muddy, black spotted, unclear—whatever it feels like, let it go. Think to yourself as you breathe out: Everything that no longer serves me, I'm letting go of now. I forgive myself and others. I accept myself and where I am right now. Even visualize yourself in the future, feeling how you want to feel.

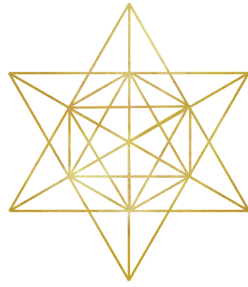
### Step 6:

Once this exercise feels complete, slowly open your eyes and start to look around the room. Look to your right, to your left, up and down. Get back into your body and into the life you are in now. This is a very important step to ground yourself back into your reality.

## When to Use This Tool:

This is a great practice for letting go. Use this anytime you feel you need to release or when you feel like you need a clearing in your body and mind.





# STAY CONNECTED



Hi, I'm Carollyne Corner. I help inspired women to create a business (and a life) that is aligned with their soul. I'm a Psychic Medium, Business Consultant, Spiritual Advisor, and Soul Alignment Specialist.

I detect what is holding my clients back in life and in business. With a degree in Business from HMZ in Switzerland and over 25 years of experience successfully growing businesses in a healthy and continuous way, I've used my business acumen and skills as a psychic medium to help grow multimillion dollar companies around the world.

But I don't stop there. I look at my clients holistically, helping them make conscious decisions to grow personally and professionally in a healthy, fulfilling way – every step of the way.



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ME

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