## FYMV Week 6: Creating an Intimate Economy

1. Think about how you show up in exchanges with others.
   1. Is it easier for you to demonstrate empathy or set boundaries?
   2. How does this impact the value you give? The value you receive?
   3. How does this impact the intimacy you feel in the exchange?
2. Pick someone with whom you’ve struggled to demonstrate empathy towards.
   1. Who is this person?
   2. Briefly describe your dynamic with this person.
   3. What do you think is blocking your ability to demonstrate empathy?
   4. Have a conversation with this person this week where you “Shut up!” and practice deep listening and powerful questioning. Write about how it goes and how you feel afterwards.
3. Pick someone with whom you’ve struggled to set boundaries.
   1. Who is this person?
   2. Briefly describe your dynamic with this person.
   3. What do you think is blocking your ability to set boundaries?
   4. Have a conversation with this person this week where you “Speak up!” and practice setting boundaries. Write about how it goes and how you feel afterwards.
4. After completing #1-3, think about your business / profession.
   1. How do you want to show up differently to create more intimacy in the value you give and receive?
   2. What is one thing you could commit to doing to create this change?
   3. Who / What can support you in making this change?

\*EXTRA CREDIT\*

1. Increase your rates. Just do it.