



Reflection Questions – Looking Back & Self-Reflection

Before trying something new, it's worth taking an honest look back. These questions invite you to recognize your past patterns around giving and receiving: Where is giving easy for you, and where does asking still feel unfamiliar? It's not about right or wrong, but about consciously noticing how you currently deal with support.



When was the last time I actively asked for support?

Your answer:



How easy or difficult is it for me to ask for help - and why?

Your answer:



What kind of support do I give most often (e.g., advice, time, organization)?

Your answer:



Which of my contributions often remain invisible or unnoticed?

Your answer:





How does it feel for me when my support is seen—or not seen?

Your answer:



Reflection Questions – Looking Ahead & Action Steps

Learning means: turning reflection into concrete steps. These questions help you deliberately try out new possibilities, whether asking for help, making your contributions visible, or making a difference with a small gesture.



What could I do to ask for support more clearly?

Your answer:



What would I like to “deposit” into my Karma Bank this coming week?

Your answer:



What would I like to “deposit” into my Karma Bank in the coming week?

Your answer:





Which small gesture could already make a difference right now?

Your answer:



What do I wish for from my Karma Bank?

Your answer:



Extra Recommendation for Use

- Take your time: Plan at least 10 minutes of uninterrupted time to answer the questions. Write spontaneously—it's about honest reflection, not perfect wording.
- Choose freely: You don't need to answer every question. Pick the 2–3 that resonate most with you.
- Share or keep private: You decide whether to keep your answers to yourself or share some thoughts with others (e.g., in a women's circle, a peer group, or your team).
- Use as a ritual: Repeat the reflection regularly (e.g., weekly or monthly) to keep track of your personal “karma account.”
- Create a learning moment: After each round, try to define one concrete action: What will I do differently in the next 48 hours?

