

Read the Chapter You're On

Let Go of the Past, Release the Future, and Embrace the Now

DAY 1

Encouragementology®
the practice of instilling hope

Day 1: What Chapter Am I In?

Reflect on your current season of life—emotionally, mentally, physically, or even spiritually. What's new, what's shifting, and what feels like it's coming to a close?

Journaling Prompts:

- How would I describe the chapter I'm in right now?
- What are the main "themes" or challenges of this chapter?
- What am I being called to pay attention to, learn, or release?

[illegible]

Read the Chapter You're On

Let Go of the Past, Release the Future, and Embrace the Now

DAY 2

Encouragementology®
the practice of instilling hope

Day 2: Lingering in the Past

We all visit the past—but do you live there? Are you stuck in regret, replaying events, or trying to rewrite what's already been written?

Journaling Prompts:

- What moments from my past do I revisit the most?
- Is there something I haven't made peace with?
- How might I honor my past without letting it define my present?

[illegible]

Let Go of the Past, Release the Future, and Embrace the Now

Encouragementology®
the practice of instilling hope

Planning ahead is wise—but predicting the future can be paralyzing. Are you spending too much time trying to control what hasn't happened yet?

- What future worries are taking up space in my mind?
- Am I putting pressure on myself to “know” what comes next?
- How can I prepare without obsessing?

[illegible]

Read the Chapter You're On

Let Go of the Past, Release the Future, and Embrace the Now

DAY 4

Encouragementology®
the practice of instilling hope

Day 4: The Gift of Right Now

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Read the Chapter You're On

Let Go of the Past, Release the Future, and Embrace the Now

DAY 5

Encouragementology®
the practice of instilling hope

Day 5: Turning the Page with Intention

You can't control the whole story, but you can write with purpose.

Let's think about how to approach the next chapter—without rushing ahead.

Journaling Prompts:

- What do I want to carry forward from this chapter?
- What needs to be left behind?
- How can I walk forward with clarity, peace, and intention?

[illegible]

Let Go of the Past, Release the Future, and Embrace the Now

Encouragementology®

REFLECTION

Looking back over this journey, what have you discovered about the way you approach the present moment? Consider how often your thoughts drift to the past or leap ahead into the future. What helps anchor you in the now? What moments from this week felt the most meaningful, and why?

Take your time and write freely. This page is for you.

