Let it Breathe

Exploring the balance between support, silence, and showing up with presence.

Encouragementology®
the practice of instilling hope

DAY 1 – What's My Default Response?

When someone shares a problem with me, what's my natural reaction?

- Do I jump into problem-solving mode or pause to listen first?
- How do I feel when I can't "fix" the issue?
- Where did I learn that being helpful meant taking action?

Let it Breathe

Exploring the balance between support, silence, and showing up with presence.

Encouragementology®
the practice of instilling hope

DAY 2 – How Do I Know What Someone Needs?

What signs do I look for to determine whether to speak or stay silent?

- Do I ask them what kind of support they want, or do I assume?
- How can I be more comfortable just holding space?
- What might shift if I let them take the lead?

Let it Breathe

Exploring the balance between support, silence, and showing up with presence.

Encouragementology®
the practice of instilling hope

DAY 3 – When Have I Misread the Moment?

Think back to a time I tried to help, but it wasn't received well.

- What role did I take on without being asked?
- How did that moment impact the relationship or conversation?
- What would I do differently if I could go back?

Let it Breathe

Exploring the balance between support, silence, and showing up with presence.

Encouragementology®
the practice of instilling hope

DAY 4 – How Do I Stay Present Without Taking Over?

What helps me remain a steady, calm presence for others?

- What tools or reminders help me resist jumping in?
- How do I manage my own discomfort in silence or emotion?
- What does “holding space” actually look like for me?

Let it Breathe

Exploring the balance between support, silence, and showing up with presence.

Encouragementology®
the practice of instilling hope

DAY 5 – Am I Addressing the Root or the Symptom?

When I try to help, am I focused on what's visible or what's deeper?

- How do I explore what's underneath someone's pain or frustration?
- Do I ask reflective questions that invite clarity?
- What would it look like to help someone see their own strength?

Let it Breathe

Exploring the balance between support, silence, and showing up with presence.

Encouragementology®
the practice of instilling hope

REFLECTION

After five days of reflection, how do I feel about my support style now?

- What am I learning about when to listen, when to help, and when to let it breathe?
- How can I create space for others while honoring my own instincts?
- What one practice will I carry forward into my next meaningful conversation?