Reconnecting in a Disconnected World

Rediscover real connection and reclaim what makes us human

Encouragementology®
the practice of instilling hope

DAY 1 – The Pulse of Presence

When do I feel most connected—to myself or to others?

- What activities, environments, or relationships bring me back to center?
- How does connection feel in my body, mood, and energy?
- When was the last time I felt deeply seen or heard?

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DAY 2 – Tools or Replacements?

Has technology helped or hindered my connection lately?

- In what ways do I use tools like social media or AI to feel less alone?
- Where might I be choosing convenience over depth?
- What limits or boundaries could help me use tech more intentionally?

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DAY 3 – Loneliness or Solitude?

Do I know the difference between being alone and feeling disconnected?

- When does solitude feel nourishing versus isolating?
- What emotions show up when I'm left with just my own thoughts?
- How do I respond when I feel lonely—and what might I need instead?

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DAY 4 – Making the First Move

What holds me back from reaching out or opening up?

- Is it fear of rejection, judgment, or simply habit?
- Who would I love to connect with—but haven't yet?
- What's one small step I can take to initiate authentic connection?

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DAY 5 – Conversations That Matter

What makes a conversation feel meaningful and memorable?

- Do I give people the kind of attention I hope to receive?
- How can I create more space for deeper conversations this week?
- What questions or listening habits could help me connect more deeply?

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REFLECTION

How has my view of connection evolved through this journey?

- What am I now more aware of in how I connect—or disconnect?
- What changes do I want to make to prioritize real relationships?
- How will I continue showing up, both for others and myself?