The Middle of the Journey with Miles to Go

Pause, take stock, to find clarity and confidence

Encouragementology®
the practice of instilling hope

DAY 1 – Where Am I, Really?

What season of life am I in right now—and how do I feel about it?

- Am I in a chapter of growth, healing, rebuilding, or something else entirely?
- What signs or patterns keep showing up for me?
- What emotions have I been avoiding that need space to be felt?

DAY 2 – What Am I Carrying?

What am I holding onto that might be weighing me down or keeping me stuck?

- Are there beliefs, regrets, or expectations I haven't questioned in a while?
- Who or what am I still trying to prove something to?
- If I could release one thing today, what would it be?

DAY 3 – What Do I Still Want?

Is there a dream, direction, or desire I've been quietly ignoring?

- Have I dismissed something as "too late" or "too unrealistic"?
- What small step could I take to explore that idea again?
- What would it feel like to believe I'm allowed to want more?

DAY 4 – Who Am I Becoming?

How have my experiences shaped the person I'm becoming—and do I like who I see?

- What traits or values have deepened in me through the years?
- What do I want to carry forward into the next season?
- Where might I still be hiding from my own growth?

DAY 4 – Who Am I Becoming?

Is there a story I've been telling myself that no longer fits who I am?

- Where did this narrative come from—and is it still true?
- What would a more compassionate or empowering version sound like?
- How would it change the way I show up moving forward?

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REFLECTION

After walking through these prompts, how do I now view this stretch of the journey?

- What clarity or insight surprised me the most?
- How has my mindset shifted since Day 1?
- What intention will I carry with me as I take the next step?