Taking Back Your Time

Choosing Meaning Over Motion

Encouragementology®
the practice of instilling hope

DAY 1: Noticing Your Time

Where is my time currently going throughout a typical day?

- What parts of my day feel automatic or repetitive
- Where do I tend to lose track of time without intention
- What activities take more of my energy than I realize

Taking Back Your Time

Choosing Meaning Over Motion

Encouragementology®
the practice of instilling hope

DAY 2: Feeling the Difference

When does my time feel meaningful versus just full?

- What moments leave me feeling fulfilled instead of just finished
- When do I feel most present and connected to my life
- What am I doing in those moments that feels different

Taking Back Your Time

Choosing Meaning Over Motion

Encouragementology®
the practice of instilling hope

DAY 3: Identifying Disconnection

Where in my day do I feel rushed or disconnected?

- What situations cause me to move quickly without awareness
- What am I usually thinking about in those moments
- How do I feel after those experiences are over

Taking Back Your Time

Choosing Meaning Over Motion

Encouragementology®
the practice of instilling hope

DAY 4: Choosing What Matters

What parts of my day deserve more of my attention?

- Which routines or interactions feel important when I slow down
- Who or what would benefit from more of my presence
- What would it look like to fully experience those moments

Taking Back Your Time

Choosing Meaning Over Motion

Encouragementology®
the practice of instilling hope

DAY 5: Making a Small Shift

What is one small change I can make to how I spend my time?

- What is one part of my day I want to approach differently
- What would being more intentional in that moment look like
- What is one simple step I can take starting tomorrow

Taking Back Your Time

Choosing Meaning Over Motion

Encouragementology®
the practice of instilling hope

REFLECTION

How has my awareness of time shifted after this reflection?

- What patterns have I noticed about how I spend my time
- What changes feel most important for me to carry forward
- How can I continue being more present in my everyday life