Living Life, Not Producing It

Choose presence over performance, one moment at a time

Encouragementology®
the practice of instilling hope

DAY 1: Paying Attention

What moments in my life receive my full attention, and which ones compete with distraction?

- What pulled my attention away today?
- When did I feel completely present?
- What helped me slow down and notice more?

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DAY 2: Looking Beyond the Lens

How has the way I document my life influenced the way I experience it?

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- When do I instinctively reach for my phone?
- What moments am I most eager to share?
- Which experiences might become richer if I simply lived them first?

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DAY 3: What Really Matters

If no one else ever knew about today's experiences, which ones would still feel meaningful to me?

- What brings me joy without recognition?
- What quiet moments have shaped me the most?
- What does this reveal about what I truly value?

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DAY 4: Protecting Wonder

What ordinary moments have I overlooked because I was searching for something more exciting?

- What simple experience filled me with gratitude today?
- When did I notice beauty in something familiar?
- How can I make more room for wonder in everyday life?

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DAY 5: Living With Intention

How do I want to experience my life differently moving forward?

- What habit would help me become more present?
- How can I create moments that don't need an audience?
- What will I choose to experience before I decide whether to share it?

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REFLECTION

Looking back over this week, what have I learned about the difference between living my life and producing it?

- When did I feel most alive and fully present?
- What changes do I want to carry into the weeks ahead?
- How will I protect my attention so I can continue living a life filled with meaning, gratitude, and wonder?