The Two Gates of Intentional Living

Choose What You Welcome In and What You Send Out

Encouragementology®
the practice of instilling hope

DAY 1: The Inward Gate

What thoughts have been asking for my attention lately, and which ones truly deserve to stay?

- Which thoughts bring me peace and clarity?
- Which thoughts leave me feeling anxious or discouraged?
- What thought am I ready to let drift by like a passing cloud?

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DAY 2: Paying Attention

Where am I spending my mental energy, and is it helping me become the person I want to be?

- What have I been replaying in my mind?
- Is this something I can control or simply observe?
- What would happen if I shifted my attention to something life-giving?

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DAY 3: The Outward Gate

What am I bringing into the lives of the people I meet each day?

- How do others usually experience me?
- What attitude or quality do I want to carry into my next interaction?
- What first link do I want to place in the chain today?

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DAY 4: Living with Intention

How can I become more intentional with both my inner world and my outer influence?

- Where have I been reacting instead of responding?
- What small pause could help me make a wiser choice?
- What daily habit would help me stay grounded?

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DAY 5: The Ripple Effect

What small choice have I made this week that may have created a ripple beyond what I can see?

- When did I notice my words or attitude making a difference?
- How has changing my inner focus affected my outer relationships?
- What kind of influence do I want to become known for?

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REFLECTION

As I look back over this week, what have I learned about the places where my influence truly begins?

- What thought am I choosing to release?
- What quality do I want to offer more freely to others?
- How will I continue standing at both gates with greater awareness and intention?