What Will Be Different Because You Were Here

Taking Ownership of the Impact You Make Every Day

Encouragementology®
the practice of instilling hope

DAY 1: What You Were Given

What is something valuable in you that you can trace back to someone else's influence?

- Who helped shape this part of you?
- How did they pass it along to you?
- How does their influence still show up in your life today?

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DAY 2: What You Are Sending Forward

What are you already giving to others through the way you live, work, connect, or contribute?

- Who might be learning something from you without you realizing it?
- What quality do you hope people experience when they are around you?
- Where could you be more intentional about sharing what you know?

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DAY 3: What Stops With You

What have you inherited that you no longer want to carry forward?

- What belief, reaction, or pattern are you ready to question?
- How might this pattern be affecting the people around you?
- What could you choose to model instead?

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DAY 4: Taking Ownership of Your Part

Where in your life could you participate more fully instead of waiting for circumstances to change?

- What part of this situation is actually within your influence?
- Where could you become more engaged, curious, or intentional?
- What is one action you can take with what you have right now?

DAY 5: Putting Something Good in Motion

What do you have to offer that could make a difference in someone else's life?

- What have you learned that might shorten someone else's learning curve?
- Who could benefit from your encouragement, experience, time, or attention?
- How could you intentionally put one of those things into circulation?

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REFLECTION

What might be different because you were here?

- What do you hope continues because you chose to contribute it?
- What can you release the need to control or receive credit for?
- How can you live today in a way that leaves something worth carrying forward?