

The Beauty We Stop Noticing

Learning to See What Has Been There All Along

Learning to See What Has Been There All Along

DAY1

Encouragementology®
the practice of instilling hope

DAY 1: Look Again

What is something familiar in your surroundings that you may have stopped truly seeing?

- What details do you notice when you give it more attention?
- What makes this ordinary thing meaningful to you?
- How would you describe it to someone seeing it for the first time?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

The Beauty We Stop Noticing

Learning to See What Has Been There All Along

Learning to See What Has Been There All Along

DAY2

Encouragementology®
the practice of instilling hope

DAY 2: Hidden in the Familiar

Where in your life have you confused familiarity with having nothing new to discover?

- What routine have you started moving through on autopilot?
- What might change if you approached it with curiosity?
- What feels different when you ask, “What haven’t I noticed?”

[illegible]

The Beauty We Stop Noticing

Learning to See What Has Been There All Along

Learning to See What Has Been There All Along

DAY3

Encouragementology®
the practice of instilling hope

DAY 3: Seeing People Again

Who in your life has become so familiar that you sometimes assume you already know what they think, feel, or will say?

- What would you still like to learn about this person?
- When do you feel most present when you are together?
- How could you bring more curiosity into your next conversation?

[illegible]

The Beauty We Stop Noticing

Learning to See What Has Been There All Along

Learning to See What Has Been There All Along

DAY4

Encouragementology®
the practice of instilling hope

DAY 4: Practicing the Return

When your attention gets pulled away from the life happening around you, what helps you come back?

- Where does your attention tend to go automatically?
- What moments would you like to be more present for?
- What is one simple way you can practice returning today?

[illegible]

The Beauty We Stop Noticing

*Learning to See What Has Been
There All Along*

Learning to See What Has Been There All Along

DAY5

Encouragementology®
the practice of instilling hope

DAY 5: What Is Already Here

Where have you been looking for something new when there may still be more to appreciate in what you already have?

- What part of your life deserves another look?
- What ordinary comfort have you recently overlooked?
- What feels richer when you stop asking it to be different?

[illegible]

The Beauty We Stop Noticing

*Learning to See What Has Been
There All Along*

Encouragementology®
the practice of instilling hope

REFLECTION

After spending five days looking again, what have you discovered about the life that was already happening around you?

- What did you notice that surprised you?
- What familiar person, place, or experience feels different now?
- How can you keep noticing without turning it into another obligation?

