

What Are You Really Waiting For?

Rethinking the Life You Want to Live

Encouragementology®
the practice of instilling hope

DAY 1: The Promise of Someday

What have you been postponing until life reaches a certain milestone or your circumstances change?

- What conditions have you attached to getting started?
- How long have you been waiting for the right time?
- What could you begin enjoying in your life today?

[illegible]

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DAY 2: Whose Dream Is It?

How much of what you want for your future reflects your genuine desires rather than expectations you've adopted along the way?

- Where did your ideas about a fulfilling life originate?
- Which dreams still genuinely excite you?
- What would you choose if nobody else knew about it?

[illegible]

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DAY 3: Permission to Change

What dreams or ambitions have you carried for years that may no longer reflect who you are today?

- How have your priorities changed over time?
- What feels more meaningful now than it once did?
- What could you release without feeling you've given up?

[illegible]

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DAY 4: The Beauty of Enough

Where might you be overlooking fulfillment because you're focused on what you haven't experienced or accomplished?

- What ordinary moments bring you genuine satisfaction?
- When do you feel most content with your life?
- How might you appreciate those experiences more intentionally?

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DAY 5: Choosing What Matters

How can you approach your future with greater intention while appreciating the life you're already living?

- What experiences deserve more of your time and attention?
- What expectations are creating unnecessary pressure?
- What is one meaningful choice you can make today?

[illegible]

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REFLECTION

After reconsidering your dreams, expectations, and priorities, what have you discovered about the life you truly want to live?

- What have you realized you no longer need to pursue?
- What are you genuinely excited to experience next?
- How will you embrace the present without losing your curiosity about the future?

