Honoring the Gift of Time

Explore how you spend your timeand how to realign your days with your deepest values

Encouragementology®
the practice of instilling hope

DAY 1 – What Am I Truly Investing In?

Where is my time going right now, and what does that reveal about what I'm investing in?

- Which activities or people receive most of my time and energy?
- Do these investments reflect the life I want to build?
- What feels worthy of more — or less — of my time?

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DAY 2 – Does This Align With My Values?

How well do my daily choices match what I say I value most?

- What values show up naturally in how I spend my time?
- Where does there seem to be a disconnect?
- What small shift today could bring my time and values into better alignment?

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DAY 3 – What Drains Me and What Restores Me?

Which parts of my day feel like an investment, and which feel like a withdrawal?

- What leaves me feeling fuller, calmer, or more grounded?
- What consistently drains my energy or pulls me off-center?
- What boundary or change would protect the time that restores me?

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DAY 4 – What Do I Want to Prioritize in This Season?

What matters most to me right now — in this season of my life?

- Which relationships, passions, or responsibilities need my focused attention?
- What has changed about what matters to me?
- What priority have I been neglecting that deserves more of my time?

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DAY 5 – What Does Honoring My Time Look Like?

If I lived each day with intention, how would my schedule — and my heart — look different?

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- What would I let go of without guilt?
- What would I choose more often?
- What mindset shift would help me treat time as the gift it is?

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REFLECTION

After five days of reflection, what have I learned about how I want to spend the precious time I've been given?

- What patterns or realizations stood out the most this week?
- What commitments am I ready to make to honor my time more intentionally?
- What is one simple, powerful change I can begin today?