Reclaiming the Middle

Living Life Between the Milestones

Encouragementology®
the practice of instilling hope

DAY 1: Naming the Middle

Where am I currently in the middle of something rather than at a clear beginning or ending?

- What goal, habit, or season feels unfinished right now
- What emotions come up when I think about this middle space
- What expectations did I have that may not match reality

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DAY 2: Releasing Judgment

How have I been interpreting my experience in the middle?

- What labels have I placed on myself during this phase
- Where am I being harder on myself than necessary
- What would change if I viewed this season with curiosity instead of criticism

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DAY 3: Understanding My Motivation

What actually motivates me when excitement fades?

- Do I respond more to progress, recognition, purpose, or connection
- When have I stayed engaged in the past, and what helped me then
- What kind of encouragement or structure do I need right now

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DAY 4: Checking What Is Missing

What might be missing that is making the middle feel heavier?

- Am I lacking rest, clarity, support, or flexibility
- What needs have I been ignoring or minimizing
- What small adjustment could help me feel more supported

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DAY 5: Supporting Myself Forward

How can I show up for myself differently in this season?

- What does progress look like for me right now
- How can I measure consistency instead of completion
- What commitment feels realistic and kind this week

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REFLECTION

What has this reflection shown me about how I move through the middle?

- What patterns do I notice in how I handle long seasons
- What have I learned about my motivation and needs
- What intention do I want to carry forward from here