Love, Money & The Pursuit of Happiness

Exploring What Truly Fills Your Life

Encouragementology®
the practice of instilling hope

Day 1 – What Does a Full Life Look Like to You?

We often say we want "more," but have you taken the time to define what that really means for you? Is it more love, more freedom, more security—or simply more peace?

Journaling Prompts:

- What does a full, meaningful life include for you?
- When was the last time you felt genuinely satisfied with where you were?
- If you could only focus on one value right now, what would it be—and why?

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Day 2 – Are You Spending or Investing Your Energy?

We all know how to budget money—but what about our time, energy, and attention? Are you investing in what matters or draining your reserves without return?

Journaling Prompts:

- Where do you notice your energy going most often?
- Which area of your life feels overdrawn—and which one feels neglected?
- What would a better energy "budget" look like?

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Day 3 – Do You Know Your Happiness Set Point?

Happiness isn't a destination—it's more like a rhythm. Sometimes it's loud and joyful, and other times, it's calm and steady. Knowing what lifts you can help you stay balanced when things feel heavy.

Journaling Prompts:

- What are the everyday things that bring you genuine joy?
- When are you most at peace with yourself?
- How do you currently define happiness—and has that changed over time?

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Day 4 – What's Love Got to Do With It?

Love isn't just romantic—it's presence, connection, and compassion. It's also self-respect. If one area of your life is thriving with love, how does that affect the others?

Journaling Prompts:

- Where do you feel most seen, supported, or valued?
- How do you show love to yourself and others, even in small ways?
- Where might love be missing—and how can you welcome it back in?

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Day 5 – Are You Chasing or Creating?

The pursuit of happiness can feel endless if you're chasing someone else's dream. What if you started designing your own?

Journaling Prompts:

- Are your current goals based on your values—or someone else's expectations?
- What could you let go of to make more room for what lights you up?
- What small shift could you make this week to move toward a more fulfilling life?

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REFLECTION

When you look at the past five days of reflection, what themes stand out? What are you learning about your values, energy, and definition of a full life?

- Write a note to your future self about what you want to remember from this moment of clarity.