

E001 Welcome Home — Discussion Questions

E001 Discussion Questions

Episode: Welcome Home

For: Tea Sippers community, book clubs, group listening sessions

Questions

1. What does "Welcome Home" mean to you? Is there a place (physical or emotional) where you feel that feeling?
 2. Karen says you don't have to arrive with everything figured out. Where in your life are you waiting until you're "ready" before you begin?
 3. The Hope Sequence goes: pause → breath → thought → choice → action. Which step is hardest for you? Which comes most naturally?
 4. "One emotional action can change the direction of a day." What's one emotional action you could take today?
 5. "Sometimes we need someone else to pour hope for us until we remember how to pour it for ourselves." Who has poured for you? Who are you pouring for?
 6. Karen says the purpose isn't another task, it's a place to breathe. How does that reframe change what you expect from this podcast?
 7. "Today is only the first cup." What pressure does that release for you?
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Airtable Table: Assets

Asset Type: Discussion Questions

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Status: Complete