

Moving Toward Hope

A printable reflection workbook for
creating hope today, one emotional action
at a time.



Welcome home. There is a seat for you here.

“Start smaller. Look for one drop.”

What am I carrying today?

Hope is not a light switch. Sometimes it has to be found one drop at a time.

What am I carrying today?

What has made hope feel far away?

Which anchor could I reach for today?

- ☐ Tea
- ☐ Meditation
- ☐ Gratitude
- ☐ Faith
- ☐ Community
- ☐ Writing
- ☐ Breathing

Asking for help

☐ Going outside

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One drop of hope

Hope does not remove hardship. It gives us somewhere to begin.

One drop of hope I notice today:

The person, practice, or place that can support me:

Today matters more than yesterday's identity or tomorrow's uncertainty.

Choose one small action

Do not demand that the action solve everything. Let it be one drop.

My one emotional action for today:

Try this today

- ☐ Make tea
- ☐ Go outside
- ☐ Send one message
- ☐ Breathe before reacting
- ☐ Ask for help
- ☐ Refuse to shame yourself for where you are
- ☐ Write down one blessing

After completing your emotional action, how do you feel?

Leave with a drop

A drop of hope can be a sentence, a breath, a choice, or a reminder you return to.

“Hope may be in the fact that you are still here.”

A Drop of Hope I want to remember:

A Letter Before You Leave

Dear Friend,

If hope feels hard to find today, please do not judge yourself. You are not failing because hope does not feel available right now.

Start smaller. Look for one drop. One thing you can do. One person who can help. One breath. One blessing. One emotional action.

Hope may be closer than it feels. It may be waiting in the ordinary moment you almost overlook.

Let hope be your anchor, keeping you grounded today.

Keep creating HOPE. Keep brewing.

— The Brewmaster
