

Harvesting Hope

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



Welcome home. There is a seat for you here.

“The seeds didn’t die while you were away.
They were just waiting.”

What tool have I stopped using?

Hope is not something you find once. It is something you harvest every day.

What tool, practice, or habit once brought me peace that I have stopped using?

Why did I stop?

Catch the Tea Leaves

Creating hope and practicing hope are not the same thing.

☐ Hope is not something you find once. It is something you harvest every day.

☐ Creating hope and practicing hope are not the same thing.

☐ The builder must drink from the same cup they offer to others.

☐ Tools we built in one season may be waiting for us in another.

Which one convicted me?

Return to the practice

Practices I once used that helped me (but I stopped):

Which one am I returning to today?

**Am I pouring for everyone else while
forgetting to fill my own cup?**

Leave with a drop

“Hope isn’t brewed once. It’s brewed every morning we choose to begin again.”

A Letter Before You Leave

Dear Friend,

I built ZENYA to help people find balance. Then I stopped using it. I recorded episodes about hope. Then I forgot to harvest my own.

I'm telling you this because I don't want you to think I have this figured out. I don't. I'm practicing, same as you. Some days I remember. Some days I forget.

But I keep coming back. That's the whole thing. Not perfection. Return. If you've drifted from something that once helped you, today is a beautiful day to go back. The seeds didn't die while you were away. They were just waiting.

Keep harvesting. Keep brewing.

— The Brewmaster
