

Why CHIA-TEA Had to Exist

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



Welcome home. There is a seat for you here.

“I thought I carried a pocket full of hope. I
learned I had been entrusted with the whole
pot.”

What am I really building?

Sometimes the tools we build for survival become the doorway that welcomes others home.

What am I building that is actually trying to answer pain, loneliness, or longing in a deeper way than I first realized?

Catch the Tea Leaves

- ☐ The question that changes a life may arrive disguised as an ordinary search.
- ☐ A podcast can invite people to the table, but an Estate invites them to stay.
- ☐ Hope becomes stronger when it is preserved, shared, and made easy to return to.
- ☐ Welcome Home is more than a greeting; it is a mission of belonging.

Which one changed something in me?

Your origin story

The need that first gave rise to what I am building:

Who it might help:

What part deserves to be preserved so people can return to it later:

☐ I stopped asking what the thing is and started asking why it had to exist.

Leave with a drop

“The Estate had to exist because hope deserved a place to stay. People do not always need answers first; often they need to know they are not alone.”

A Letter Before You Leave

Dear Friend,

If you have ever built something because life hurt and you could not bear the thought of someone else hurting alone, I want you to know that kind of work matters more than you may realize.

Even if it looks small. Even if it is unfinished. Even if it is still finding its shape. The things we create out of lived compassion often carry more medicine than polished things built only for display.

If your work helps even one person realize they are not alone, then it is already holy work. Welcome them home.

Keep creating HOPE. Keep brewing.

— The Brewmaster
