

Worry Just in Time

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



Welcome home. There is a seat for you here.

“Move one pebble today. Tomorrow will notice.”

What mountain am I staring at?

This episode is about One Pebble: small actions, faithful returns, and the ripple of hope.

What feels impossible to move right now?

Have I been frozen because the whole thing feels too big?

- ☐ Yes
- ☐ Maybe
- ☐ I hadn't realized until now

Catch the Tea Leaves

Small actions create evidence of capability. Consistency matters more than intensity.

- ☐ Dramatic beginnings are not required for meaningful change.
- ☐ Small actions create evidence of capability.
- ☐ Motion makes the next step easier to see.
- ☐ Consistency matters more than intensity.
- ☐ Returning is part of progress.
- ☐ The right pebble is small enough to do and meaningful enough to matter.

Which one do I need most today?

Name the mountain, find the pebble

My mountain:

Every small action hidden inside it:

Circle the one that is within my control, possible today, connected to the direction I want, and small enough to complete.

That is today's pebble.

Leave with a drop

“You do not have to move the mountain to prove you are moving. Consistency is quiet courage. Returning is not starting over. It is continuing.”

One pebble I moved today:

A Letter Before You Leave

Dear Friend,

The mountain may be real. I will not insult you by pretending it is small. But you are not required to move it all today.

You are allowed to work at the scale of one faithful action. You are allowed to rest between pebbles. You are allowed to ask for help with the stones that are too heavy. You are allowed to return after a difficult day.

Do not confuse slow progress with no progress. Choose the next pebble. Move it with intention. Trust the ripple. Then come back tomorrow.

Keep creating HOPE. Keep brewing.

— The Brewmaster
