

E004 One Drop at a Time — Discussion Questions

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Episode: One Drop at a Time

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

Questions

1. Karen says hope returned "one drop at a time." When has something important come back to you slowly rather than all at once? What did that teach you about patience?
2. The STOP meditation asks you to pause and observe: "Is this a today problem?" How often do you find yourself reacting to fears about the future rather than what is actually happening right now?
3. Karen moved to Florida alone after 39 years of marriage, not to leave, but to find herself. Have you ever needed to step away from something good in order to discover who you are without it?
4. "It is not mountains you need to move today. It is one small pebble with a great big ripple effect." What pebble could you move today that might create a ripple you can't yet see?
5. Karen describes trusting herself less than she ever had during the Florida season. When have you lost trust in yourself? What helped you rebuild it?
6. "The life you asked for may arrive wearing the clothes of uncertainty." Has something you prayed for or worked toward ever arrived looking nothing like you expected? How did you recognize it?
7. The episode gives permission: "You do not need to pour a whole pot right now." Where in your life are you putting pressure on yourself to be further along than you are? What would one drop look like instead?

Airtable Table: Assets

Asset Type: Discussion Questions

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