

E002 Moving Toward Hope — Journal Pages

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Episode: E002 — Moving Toward Hope

Type: Printable journal prompts

Brewmaster Journal

Prompt 1

When has hope felt far away from you? What was that season like?

[Space for writing]

Prompt 2

What helped you find one small opening again? A person, a practice, a moment?

[Space for writing]

Prompt 3

Which anchor or tool do you forget to reach for when you need it most?

[Space for writing]

Prompt 4

What does your body need when pushing forward is no longer the answer?

[Space for writing]

Prompt 5

Where can you find one drop of hope today? Be specific. Name it.

[Space for writing]

Bonus: One Drop Check-In

Use this daily for one week after listening:

Day	One drop I noticed today	One emotional action I took
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Airtable Table: Assets
Asset Type: Journal Pages
Linked Episode: E002
Status: Complete