

E004 One Drop at a Time — Journal Pages

E004 Journal Pages

Episode: One Drop at a Time

Format: Standalone printable journal pages

 Pour yourself a cup. Sit with these:

Page 1: Trust

When was the last time you trusted yourself less than you trusted everyone else? What happened?

[Space for writing]

Page 2: Disguise

Karen says the life she asked for arrived "wearing the clothes of uncertainty." Has something you prayed for ever shown up looking nothing like you expected?

[Space for writing]

Page 3: Forward Only

What is your version of "going backward is not an option"? What leap have you taken where the only direction was forward?

[Space for writing]

Page 4: STOP

Try the STOP meditation right now. What do you observe when you actually pause and look at what's happening?

S — I stopped:

T — I took a breath and noticed:

O — I observed:

P — My smallest next step is:

Page 5: One Drop

What one drop of hope have you been overlooking today?

[Space for writing]

Page 6: Drop Inventory (Weekly)

Day	One drop I noticed
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

At the end of the week, look back. Count your drops. You’ll be surprised how many there are when you’re paying attention.

Page 7: The Pebble

"It is not mountains you need to move today. It is one small pebble with a great big ripple effect."

What pebble can I move today?

What ripple might it create?

Airtable Table: Assets
Asset Type: Journal Pages
Linked Episode: E004
Status: Complete