

# E008 Harvesting Hope — Journal Pages

## E008 Journal Pages

**Episode:** Harvesting Hope

**Format:** Standalone printable journal pages

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Pour yourself a cup. Sit with these:

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### Page 1: The Shelf

**What tool, practice, or habit once brought you peace that you've stopped using? Why did you stop?**

The practice:

When I last used it:

Why I stopped:

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### Page 2: The Gap

**Karen asks: "Am I actually living what I'm teaching?" What wisdom do you share with others that you've stopped applying to yourself?**

[Space for writing]

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### Page 3: Today's Harvest

**If hope is a daily harvest, what did you harvest today? Even one small thing counts.**

Today I noticed:

Today I'm grateful for:

Today's one drop of hope:

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### Page 4: The Return

**What's sitting on YOUR shelf, waiting for you to remember why you built it?**

On my shelf:

What it gave me before:

One way I could return to it this week:

Page 5: The Daily Harvest

| Day | What hope did I harvest today? |
|-----|--------------------------------|
| Mon |                                |
| Tue |                                |
| Wed |                                |
| Thu |                                |
| Fri |                                |
| Sat |                                |
| Sun |                                |

At the end of the week, look back. Count your harvest. More than you expected?

Page 6: Begin Again

"What would it look like to begin again with one practice this week?"

The practice I'm returning to:

When I'll do it:

How I'll know it's helping:

**Airtable Table:** Assets  
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**Linked Episode:** E008  
**Status:** Complete