

Welcome Home

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



Welcome home. There is a seat for you here.

“Hope gives us somewhere to begin.”

What am I carrying?

Begin honestly. You do not have to fix anything on this page. Just name what came with you to the table.

Today I am carrying...

What do I need today?

Not what everyone else needs from you. What do you need?

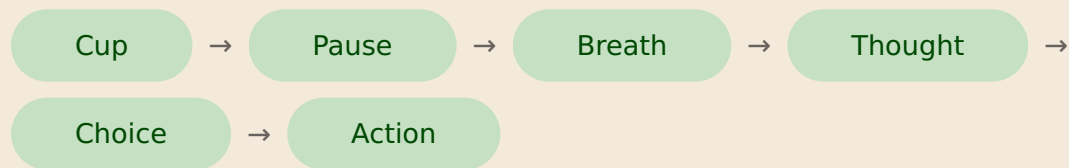
You can come exactly as you are, with your questions, your hurt, your hope, your doubts, and your story.

Make room for hope

Hope does not remove hardship. It gives us somewhere to begin.

Where can I create hope, even if it is only one drop?

The hope sequence



What did you notice when you slowed down enough to find the next step?

Choose one small action

Make it small enough to do before the day ends, and meaningful enough to matter.

One emotional action I can take today:

My action is...

- ☐ within my control
- ☐ possible today
- ☐ connected to the hope I want to create
- ☐ small enough to complete

When will I do it?

How will I know it is done?

Leave with a drop

A drop of hope can be a sentence, a breath, a choice, or a reminder you return to.

A Drop of Hope I want to remember:

Before you leave

What is one thing you want to offer yourself with more patience?

Who might need a seat at the table today?

“Everyone needs hope, and together we can create it,
one cup at a time.”

☐ I completed my next emotional action

Keep creating HOPE. Keep brewing.

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