

E008 Harvesting Hope — Discussion Questions

E008 Discussion Questions

Episode: Harvesting Hope

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

Questions

1. Karen admits she stopped using her own tools. Has there been a practice or habit that once helped you that you've quietly abandoned? What made you stop?
 2. "Creating hope and practicing hope are not the same thing." Where in your life are you better at teaching something than actually doing it?
 3. If hope is a daily harvest, what did you harvest today? Even one small thing counts. Can you name it?
 4. Karen built ZENYA during COVID and shelved it when life got busy. What's sitting on YOUR shelf, waiting for you to remember why you built it?
 5. "The builder must drink from the same cup they offer to others." Is that a comforting thought or a confronting one for you? Why?
 6. The episode reframes "I lost hope" as "I forgot where I planted it." Does that distinction change anything for you right now?
 7. What would it look like to "begin again" with one practice this week? Not start over. Just return.
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Airtable Table: Assets

Asset Type: Discussion Questions

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Status: Complete