



Tea with My Conscience

✿ Printable Reflection & Pause Journal Worksheet

(Adapted from the AddikaChannels essay “Tea with My Conscience” — A mindful ritual for self-awareness and daily honesty.)

SECTION 1: Your Daily Tea Table Setup

Mini Ritual: 5–Minute Pause Practice

☐ Step 1 – Prepare Intentionally:

- Choose your beverage mindfully — tea, coffee, or herbal water.
- Sit near natural light.
- Keep your phone face down.

🗨️ Step 2 – Create Your Silence Bubble:

- 3 deep breaths.
- One intention: “I am listening to myself today.”
- Let one minute pass before you begin writing or thinking.

📖☐ Step 3 – Begin the Conversation:

Write freely. No censoring. This is your chat with your conscience.

☞ Act I — The Steam Rises: Awareness Check-In

Theme: Humor + Honesty = Awakening

Prompt 1: What's the funniest lie I told myself today?
(Example: "I'll rest after finishing one more email.")

Prompt 2: Where am I mistaking *busyness* for *importance*?

Prompt 3: When did I last laugh — really laugh — at my own overthinking?

💡 **Mini Reflection:**

Busyness is often **fear wearing a to-do list**.

☞ Write one fear you've been hiding behind "productivity":

☞ Act II — Stirring the Truth: Honest Inventory

Theme: Confrontation + Clarity

Prompt 1: Who or what drains my energy the most — and why do I keep saying yes?

Prompt 2: Where am I avoiding silence because it might tell me the truth?

Prompt 3: Who's really to blame for my burnout — *my boss or my boundaries*?

🌿 **Write Here:**

Three small truths I'm ready to admit today:

1. _____
2. _____
3. _____

☞ Act III — Sugar, Salt & Honesty: The Turning Point

Theme: Surrender + Forgiveness

Prompt 1: What am I afraid silence might reveal — and what might it heal?

Prompt 2: What's one small pause I can introduce into my day — before I speak, spend, or scroll?

🌀 **Hope & Action:** *Small pauses can create big change in how we live, buy, and belong.*

📖 **Reflect:** Describe your “inner tea” today — is it boiling, balanced, or cooling?

☞ Act IV — The Sip of Silence: Lessons in Listening

Theme: Stillness + Integration | 🗨️ **Insight:** “Listening isn't about quieting thoughts — it's letting them complete their sentences.”

Prompt 1: What did my conscience whisper today?

Prompt 2: Write one lesson silence taught me recently:

Prompt 3: Stillness feels productive when I...

★ **3 Mini Affirmations:**

1. Stillness is productive.
2. Honesty is self-care.
3. Reflection is action.

☞ Conclusion — Cooling the Cup: People, Planet & Profit

Theme: Ethical Living through Mindful Awareness

👤 PEOPLE:

How can I make honesty contagious in my community or workplace?

🌍 PLANET:

What one quiet habit helps me consume less, live more consciously, or create less waste?

💡 PROFIT:

What decision today deserves clarity before speed?

❤️📄 Final Reflection

“Maybe the planet doesn’t just need green energy — it needs calmer humans.”

Before you change the world tomorrow,

📄 **pour yourself a cup and listen.**

Your conscience is already waiting.