HOLISTIC HEALING AND COUNSELING PRESENTS



Deep Talk with Tea

Meaningful Conversations,
One Cup at a Time.

REFLECTION & CONVERSATION JOURNAL

REFLECT • LEARN • GROW • TAKE ACTION

LIFE | RELATIONSHIPS | LEADERSHIP | WELLNESS | PURPOSE | GOALS

HOW TO USE THIS WORKBOOK

Each month includes a theme, conversation framing, reflection questions, deeper discussion prompts, and dedicated writing space. You do not need to have a perfect answer. Use the prompts to think critically, make personal connections, consider different perspectives, and record ideas you want to remember.

Your Monthly Tea Talk Flow

[ ] Welcome + What's in Your Cup? - check in with one word.

[ ] First Pour - respond to an opening question and notice your first reaction.

[ ] Deeper Pour - reflect more deeply and connect the topic to life, school, work, relationships, or future goals.

[ ] Spill the Tea - explore a bold question that challenges you to think beyond the obvious answer.

[ ] Refill - listen to others, ask questions, and write down a perspective you had not considered.

[ ] Last Sip - identify one takeaway, one action, or one question you want to carry forward.

Student Discussion Commitments

[ ] Participate at a level that feels appropriate; personal disclosure is never required.

[ ] Listen for understanding, especially when another perspective differs from your own.

[ ] Ask thoughtful follow-up questions instead of rushing to judgment.

[ ] Respect privacy and avoid repeating another student's personal story outside the conversation.

[ ] Make room for other voices and avoid dominating the discussion.

[ ] Focus on reflection, learning, and growth rather than trying to solve every issue.

My Goals for This Series

What I Hope to Learn About Myself / Others

JANUARY

WHAT ARE YOU POURING INTO?

Goals - Priorities - Purpose

A new year invites us to look beyond resolutions and examine where our time, attention, and energy are actually going.

THE OPENING POUR

Opening check-in: **What is in your cup today - literally and figuratively?**

Opening Notes

TEA TALK QUESTIONS & REFLECTION PROMPTS

1. Is your cup full - or are you just busy?

- What takes up most of your time but gives you the least in return?
- When did being busy become the same thing as being productive?
- What deserves more room in your life this year?

My thoughts / connections:

2. What are you watering that is not growing?

- Is there something you keep investing in because you have already invested so much?
- When is persistence powerful, and when is it time to redirect?
- What would you have more energy for if you stopped forcing what is not working?

My thoughts / connections:

3. Who or what keeps getting the best of you while you get what is left?

- Who gets your energy, patience, attention, and time?
- What do you consistently give others that you rarely give yourself?
- Where do you appear on your own priority list?

My thoughts / connections:

4. Are these really your goals - or somebody else's expectations?

- If nobody could see your accomplishments, would you still pursue the same things?
- What goal would you release if you were not worried about disappointing anyone?
- What do you actually want?

My thoughts / connections:

THE LAST SIP

What you consistently pour into has the potential to grow.

What idea, phrase, or perspective do I want to remember?

One action I want to take before the next Tea Talk:

JANUARY - CONTINUED NOTES

WHAT ARE YOU POURING INTO?

SPILL THE TEA - OPTIONAL DEEPER QUESTIONS

[ ] What is something you know now that you wish you understood five years ago?

[ ] What is a lesson life had to teach you more than once?

[ ] What are you pretending does not bother you?

[ ] What have you outgrown but had a hard time admitting?

Ideas, Quotes & Perspectives I Want to Remember

Connections to My Life, Goals, Relationships or Future

MY FOLLOW-THROUGH

[ ] A person, resource, or idea I want to learn more about:

[ ] A topic I want to explore more deeply:

[ ] A question I am still thinking about:

FEBRUARY

LOVE, BOUNDARIES & EXPECTATIONS

Relationships - Communication - Connection

A candid conversation about love in all its forms and the boundaries, expectations, and communication that shape healthy connection.

THE OPENING POUR

Opening check-in: **What is in your cup today - literally and figuratively?**

Opening Notes

TEA TALK QUESTIONS & REFLECTION PROMPTS

1. Do people know your boundaries - or only know when you have reached your breaking point?

- Do you communicate your limits early or wait until you are frustrated?
- Have you expected someone to just know what bothered you?
- What boundary have you been thinking about but have not communicated?

My thoughts / connections:

2. Are you accepting an apology - or accepting a pattern?

- When does forgiveness become permission for repeated behavior?
- What matters more: words or consistent actions?
- Can you forgive someone and still change their access to you?

My thoughts / connections:

3. Are your expectations realistic, communicated, or assumed?

- Have you held someone accountable for an expectation you never explained?
- Which expectations are reasonable, and which may need reconsidering?
- Are you expecting someone to respond exactly the way you would?

My thoughts / connections:

4. Can you love somebody and still choose differently for yourself?

- Does caring about someone mean every relationship must remain close?
- Can distance sometimes be healthy?
- What does loving someone without losing yourself look like?

My thoughts / connections:

THE LAST SIP

Boundaries do not have to end connection - they can help define it.

What idea, phrase, or perspective do I want to remember?

One action I want to take before the next Tea Talk:

FEBRUARY - CONTINUED NOTES

LOVE, BOUNDARIES & EXPECTATIONS

SPILL THE TEA - OPTIONAL DEEPER QUESTIONS

[ ] What is something you know now that you wish you understood five years ago?

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MARCH

LEADING WITHOUT LOSING YOURSELF

Leadership - Balance - Authenticity

Leadership can happen at work, at home, and in the community. This conversation explores how to lead without disappearing inside the role.

THE OPENING POUR

Opening check-in: **What is in your cup today - literally and figuratively?**

Opening Notes

TEA TALK QUESTIONS & REFLECTION PROMPTS

1. Everybody depends on you - but who do you depend on?

- Where do strong people go when they are tired?
- Have you created space for people to support you?
- Does being dependable make it harder to admit you need help?

My thoughts / connections:

2. Are you leading - or carrying?

- What have you taken responsibility for that belongs to someone else?
- Does helping everyone sometimes prevent them from learning?
- What could you delegate, release, or stop doing?

My thoughts / connections:

3. Who are you when nobody needs anything from you?

- How much of your identity comes from being needed?
- What parts of yourself have been placed on hold?
- What makes you feel alive outside your responsibilities?

My thoughts / connections:

4. Can you lead without having all the answers?

- How comfortable are you saying, I do not know?
- Can vulnerability and credibility exist together?
- What makes people trust a leader?

My thoughts / connections:

THE LAST SIP

You can be responsible without being responsible for everything.

What idea, phrase, or perspective do I want to remember?

One action I want to take before the next Tea Talk:

MARCH - CONTINUED NOTES

LEADING WITHOUT LOSING YOURSELF

SPILL THE TEA - OPTIONAL DEEPER QUESTIONS

[ ] What is something you know now that you wish you understood five years ago?

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Connections to My Life, Goals, Relationships or Future

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APRIL

PROTECTING YOUR PEACE

Boundaries - Stress - Balance

A practical conversation about deciding what deserves your attention, where boundaries are needed, and how to respond without giving everything your energy.

THE OPENING POUR

Opening check-in: **What is in your cup today - literally and figuratively?**

Opening Notes

TEA TALK QUESTIONS & REFLECTION PROMPTS

1. Does everything deserve a response?

- What happens when you stop explaining yourself?
- Have you made a situation bigger because you felt obligated to respond?
- How do you decide what deserves your energy?

My thoughts / connections:

2. Are you protecting your peace - or avoiding the problem?

- Is silence helping or delaying a necessary conversation?
- What uncomfortable conversation could bring greater peace?
- How do you know the difference between a boundary and avoidance?

My thoughts / connections:

3. Why do we feel guilty for saying no but exhausted from saying yes?

- Who taught you that being available equals being caring?
- What are you agreeing to out of obligation?
- What could a healthy no make room for?

My thoughts / connections:

4. Who has access to you simply because they always have?

- Does history automatically entitle someone to your time?
- Can access change as relationships change?
- What does healthy access look like now?

My thoughts / connections:

THE LAST SIP

Not every situation requires your participation.

What idea, phrase, or perspective do I want to remember?

One action I want to take before the next Tea Talk:

APRIL - CONTINUED NOTES

PROTECTING YOUR PEACE

SPILL THE TEA - OPTIONAL DEEPER QUESTIONS

[ ] What is something you know now that you wish you understood five years ago?

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Ideas, Quotes & Perspectives I Want to Remember

Connections to My Life, Goals, Relationships or Future

MY FOLLOW-THROUGH

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[ ] A topic I want to explore more deeply:

[ ] A question I am still thinking about:

MAY

CAN WE TALK ABOUT IT?

Communication - Listening - Understanding

An honest look at how we communicate, what we avoid saying, and how curiosity and listening can change difficult conversations.

THE OPENING POUR

Opening check-in: **What is in your cup today - literally and figuratively?**

Opening Notes

TEA TALK QUESTIONS & REFLECTION PROMPTS

1. Do you want to be understood - or do you just want to be right?

- What happens when winning becomes more important than understanding?
- Can you validate an experience without agreeing with a conclusion?
- What changes when curiosity replaces defensiveness?

My thoughts / connections:

2. Are you listening to the words - or the meaning behind them?

- What might someone be communicating beneath frustration?
- How often do tone and emotion distract from the message?
- What does genuine listening require?

My thoughts / connections:

3. What is harder: saying what you feel or hearing how someone else feels?

- Do you become defensive when receiving feedback?
- Do you minimize your feelings to avoid conflict?
- What makes honest communication feel safe?

My thoughts / connections:

4. How many problems started with something nobody said?

- What assumptions could one conversation have prevented?
- Why do we expect people to read our minds?
- What conversation have you rehearsed but not had?

My thoughts / connections:

THE LAST SIP

Communication is not just about being heard - it is also about being willing to hear.

What idea, phrase, or perspective do I want to remember?

One action I want to take before the next Tea Talk:

MAY - CONTINUED NOTES

CAN WE TALK ABOUT IT?

SPILL THE TEA - OPTIONAL DEEPER QUESTIONS

[ ] What is something you know now that you wish you understood five years ago?

[ ] What is a lesson life had to teach you more than once?

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Ideas, Quotes & Perspectives I Want to Remember

Connections to My Life, Goals, Relationships or Future

MY FOLLOW-THROUGH

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[ ] A topic I want to explore more deeply:

[ ] A question I am still thinking about:

JUNE

FRIENDSHIPS IN DIFFERENT SEASONS

Friendship - Change - Connection

Adult friendships change as life changes. This conversation makes room for closeness, distance, growth, grief, and new forms of connection.

THE OPENING POUR

Opening check-in: **What is in your cup today - literally and figuratively?**

Opening Notes

TEA TALK QUESTIONS & REFLECTION PROMPTS

1. Are we still friends - or holding onto who we used to be?

- Is the relationship active, or is history doing most of the work?
- Can nostalgia keep us connected to relationships we have outgrown?
- What does friendship look like in your current season?

My thoughts / connections:

2. Does a friendship have to end badly for it to end?

- Can two good people simply grow apart?
- Why do we sometimes need someone to be wrong before moving on?
- Can gratitude and closure exist together?

My thoughts / connections:

3. Are you the friend you expect other people to be?

- Do you initiate, check in, celebrate, listen, and show up?
- Are your friendship expectations mutual?
- What could you do differently as a friend?

My thoughts / connections:

4. What happens when one friend grows and the other does not understand the change?

- Can personal growth create tension?
- What happens when boundaries change?
- How can friendships make room for new versions of each other?

My thoughts / connections:

THE LAST SIP

Some friendships grow with you. Others remind you how much you have grown.

What idea, phrase, or perspective do I want to remember?

One action I want to take before the next Tea Talk:

JUNE - CONTINUED NOTES

FRIENDSHIPS IN DIFFERENT SEASONS

SPILL THE TEA - OPTIONAL DEEPER QUESTIONS

[ ] What is something you know now that you wish you understood five years ago?

[ ] What is a lesson life had to teach you more than once?

[ ] What are you pretending does not bother you?

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Ideas, Quotes & Perspectives I Want to Remember

Connections to My Life, Goals, Relationships or Future

MY FOLLOW-THROUGH

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[ ] A topic I want to explore more deeply:

[ ] A question I am still thinking about:

JULY

TAKING CARE OF YOU

Wellness - Rest - Self-Care

A grounded conversation about wellness, rest, responsibility, and making room for yourself before you reach empty.

THE OPENING POUR

Opening check-in: **What is in your cup today - literally and figuratively?**

Opening Notes

TEA TALK QUESTIONS & REFLECTION PROMPTS

1. When was the last time you asked yourself, What do I need?

- Can you identify what you need before exhaustion?
- What does your body or mood tell you when you have had enough?
- What need have you been postponing?

My thoughts / connections:

2. Are you resting - or just stopping long enough to start working again?

- Can you rest without thinking about what you should be doing?
- What actually restores you?
- Does your version of rest leave you refreshed?

My thoughts / connections:

3. Why is everybody else's emergency automatically your emergency?

- Do you feel responsible for fixing other people's problems?
- What happens when you do not immediately step in?
- Can supporting someone look different from rescuing them?

My thoughts / connections:

4. What would taking yourself seriously look like?

- Keeping promises you make to yourself?
- Scheduling needed appointments or time off?
- What would change if your needs were legitimate priorities?

My thoughts / connections:

THE LAST SIP

Taking care of yourself belongs on the schedule too.

What idea, phrase, or perspective do I want to remember?

One action I want to take before the next Tea Talk:

JULY - CONTINUED NOTES

TAKING CARE OF YOU

SPILL THE TEA - OPTIONAL DEEPER QUESTIONS

[ ] What is something you know now that you wish you understood five years ago?

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Ideas, Quotes & Perspectives I Want to Remember

Connections to My Life, Goals, Relationships or Future

MY FOLLOW-THROUGH

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AUGUST

PURPOSE VS. PRESSURE

Success - Expectations - Your Own Path

A conversation about separating personal purpose from outside pressure and defining success in a way that actually fits your life.

THE OPENING POUR

Opening check-in: **What is in your cup today - literally and figuratively?**

Opening Notes

TEA TALK QUESTIONS & REFLECTION PROMPTS

1. Who told you where you were supposed to be by now?

- Family, friends, society, social media, or your younger self?
- Are those expectations still relevant?
- Which timeline are you measuring yourself against?

My thoughts / connections:

2. If nobody was watching, what would success look like?

- Would you still want the same title, lifestyle, relationship, or career?
- What accomplishments genuinely matter to you?
- What does a successful ordinary day look like?

My thoughts / connections:

3. Are you chasing purpose - or chasing proof?

- Are you building a meaningful life or proving something?
- Who are you trying to impress?
- What changes if external validation matters less?

My thoughts / connections:

4. Can you change your mind about the life you thought you wanted?

- Are old dreams allowed to expire?
- What have you outgrown?
- What feels more aligned with who you are becoming?

My thoughts / connections:

THE LAST SIP

Purpose gets harder to hear when pressure is doing all the talking.

What idea, phrase, or perspective do I want to remember?

One action I want to take before the next Tea Talk:

AUGUST - CONTINUED NOTES

PURPOSE VS. PRESSURE

SPILL THE TEA - OPTIONAL DEEPER QUESTIONS

[ ] What is something you know now that you wish you understood five years ago?

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Ideas, Quotes & Perspectives I Want to Remember

Connections to My Life, Goals, Relationships or Future

MY FOLLOW-THROUGH

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[ ] A question I am still thinking about:

SEPTEMBER

WHEN LIFE DOES NOT GO AS PLANNED

Change - Resilience - Moving Forward

Plans change. This conversation explores disappointment, uncertainty, resilience, and how to keep moving when the route looks different than expected.

THE OPENING POUR

Opening check-in: **What is in your cup today - literally and figuratively?**

Opening Notes

TEA TALK QUESTIONS & REFLECTION PROMPTS

1. What do you do when Plan A becomes impossible?

- Do you freeze, force it, pivot, or create something new?
- How attached are you to how something should happen?
- Can the destination remain meaningful if the route changes?

My thoughts / connections:

2. Is it a setback - or a redirection you do not understand yet?

- Have you been disappointed by something that later worked in your favor?
- What can disappointment teach us?
- How do you move forward before you understand why?

My thoughts / connections:

3. Who are you when the plan you built your identity around changes?

- What happens when a career, relationship, role, or goal changes?
- Can identity survive a major transition?
- What remains true about you when circumstances change?

My thoughts / connections:

4. What if the new plan becomes better than the original one?

- Can you remain open while still being disappointed?
- What unexpected opportunities followed past changes?
- What possibility might you be overlooking?

My thoughts / connections:

THE LAST SIP

A change in direction does not mean the journey is over.

What idea, phrase, or perspective do I want to remember?

One action I want to take before the next Tea Talk:

SEPTEMBER - CONTINUED NOTES

WHEN LIFE DOES NOT GO AS PLANNED

SPILL THE TEA - OPTIONAL DEEPER QUESTIONS

[ ] What is something you know now that you wish you understood five years ago?

[ ] What is a lesson life had to teach you more than once?

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Ideas, Quotes & Perspectives I Want to Remember

Connections to My Life, Goals, Relationships or Future

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OCTOBER

STARTING OVER WITHOUT STARTING FROM SCRATCH

New Beginnings - Experience - Courage

Starting again does not erase what came before. This conversation focuses on using experience, wisdom, and courage to enter a new chapter.

THE OPENING POUR

Opening check-in: **What is in your cup today - literally and figuratively?**

Opening Notes

TEA TALK QUESTIONS & REFLECTION PROMPTS

1. What if starting over is actually starting wiser?

- What do you know now that you did not know the first time?
- What mistakes do not need to be repeated?
- What strengths are you bringing into this chapter?

My thoughts / connections:

2. Are you staying because it is right - or because it is familiar?

- Can comfort disguise dissatisfaction?
- What are you afraid to lose?
- What could you potentially gain?

My thoughts / connections:

3. What would you try if embarrassment was not an option?

- Is fear of other people's opinions keeping you stuck?
- What would you attempt if nobody could judge the outcome?
- Whose approval are you waiting for?

My thoughts / connections:

4. What are you willing to be a beginner at again?

- Are you comfortable not being immediately good at something?
- What dream requires you to learn something new?
- Could curiosity become stronger than fear?

My thoughts / connections:

THE LAST SIP

You are not starting from scratch - you are starting from experience.

What idea, phrase, or perspective do I want to remember?

One action I want to take before the next Tea Talk:

OCTOBER - CONTINUED NOTES

STARTING OVER WITHOUT STARTING FROM SCRATCH

SPILL THE TEA - OPTIONAL DEEPER QUESTIONS

[ ] What is something you know now that you wish you understood five years ago?

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Ideas, Quotes & Perspectives I Want to Remember

Connections to My Life, Goals, Relationships or Future

MY FOLLOW-THROUGH

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[ ] A topic I want to explore more deeply:

[ ] A question I am still thinking about:

NOVEMBER

GRATEFUL, BUT STILL GROWING

Gratitude - Growth - Contentment

A reflective conversation about appreciating where you are without giving up the desire to learn, stretch, and grow.

THE OPENING POUR

Opening check-in: **What is in your cup today - literally and figuratively?**

Opening Notes

TEA TALK QUESTIONS & REFLECTION PROMPTS

1. Are you living in something you once hoped or worked for?

- What part of your current life once felt far away?
- Have you become so accustomed to it that you stopped appreciating it?
- What deserves to be celebrated again?

My thoughts / connections:

2. Can you want more without believing what you have is not enough?

- What is the difference between ambition and dissatisfaction?
- Can contentment and growth coexist?
- What does enough for today mean?

My thoughts / connections:

3. When did you last celebrate yourself without moving the goalpost?

- Do you finish one goal and immediately focus on the next?
- Why can acknowledging progress feel uncomfortable?
- What accomplishment deserves another moment of recognition?

My thoughts / connections:

4. What if growth is not always visible?

- Could patience, confidence, discernment, or peace count as progress?
- What internal changes are you proud of?
- What growth would never appear on a resume?

My thoughts / connections:

THE LAST SIP

You can appreciate where you are and still be excited about where you are going.

What idea, phrase, or perspective do I want to remember?

One action I want to take before the next Tea Talk:

NOVEMBER - CONTINUED NOTES

GRATEFUL, BUT STILL GROWING

SPILL THE TEA - OPTIONAL DEEPER QUESTIONS

[ ] What is something you know now that you wish you understood five years ago?

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Ideas, Quotes & Perspectives I Want to Remember

Connections to My Life, Goals, Relationships or Future

MY FOLLOW-THROUGH

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DECEMBER

WHAT ARE YOU LEAVING BEHIND?

Reflection - Release - Moving Forward

A year-end conversation about what we learned, what we are ready to release, and what we want to carry intentionally into the next chapter.

THE OPENING POUR

Opening check-in: **What is in your cup today - literally and figuratively?**

Opening Notes

TEA TALK QUESTIONS & REFLECTION PROMPTS

1. What are you tired of carrying?

- An old expectation, opinion, mistake, guilt, resentment, or outdated identity?
- What has become heavier than it is useful?
- What would feel lighter if you released it?

My thoughts / connections:

2. What did this year reveal about you?

- What challenged your assumptions?
- What surprised you about your own strength?
- What did you learn about what matters?

My thoughts / connections:

3. What deserves to end with this year?

- A habit, pattern, commitment, comparison, or need to please?
- What would ending it make room for?
- What is one concrete step toward release?

My thoughts / connections:

4. What are you taking with you on purpose?

- Which relationships deserve more attention?
- What habits worked?
- What lesson needs to become a lifestyle?

My thoughts / connections:

THE LAST SIP

Some things are not meant to follow you into every chapter.

What idea, phrase, or perspective do I want to remember?

One action I want to take before the next Tea Talk:

DECEMBER - CONTINUED NOTES

WHAT ARE YOU LEAVING BEHIND?

SPILL THE TEA - OPTIONAL DEEPER QUESTIONS

[ ] What is something you know now that you wish you understood five years ago?

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Ideas, Quotes & Perspectives I Want to Remember

Connections to My Life, Goals, Relationships or Future

MY FOLLOW-THROUGH

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[ ] A question I am still thinking about:

SIGNATURE DEEP TALK WITH TEA PROMPT BANK

Use these questions for journaling, small-group discussion, class reflection, or moments when you want to explore a topic beyond the surface.

[ ] What is something you know now that you wish you understood five years ago?

[ ] What is a lesson life had to teach you more than once?

[ ] What have you outgrown but had a hard time admitting?

[ ] What are you pretending does not bother you?

[ ] What is something people misunderstand about you?

[ ] When did you last surprise yourself?

[ ] What are you making harder because you are afraid to make a decision?

[ ] What is one truth you had to learn the hard way?

[ ] What are you giving energy to that does not deserve it?

[ ] What have you stopped explaining to people?

[ ] What is something you had to unlearn as an adult?

[ ] What is one boundary you wish you had learned earlier?

[ ] When have you mistaken being needed for being valued?

[ ] What is something you used to chase that no longer impresses you?

[ ] What does your life need more of right now - and what does it need less of?

[ ] What are you waiting for permission to do?

[ ] What conversation changed the way you saw yourself?

[ ] What is one thing you are learning not to take personally?

[ ] What are you becoming more protective of as you get older?

[ ] What does the current version of you understand that the old version could not?

THE DEEPER POUR - FINISH THE SENTENCE

Lately, I have been realizing...

Something I am learning to let go of is...

I feel most like myself when...

I wish people talked more openly about...

Something I am no longer apologizing for is...

One thing I need to give myself permission to do is...

A lesson I am still learning is...

One thing I want to become better at is...

This season of my life is teaching me...

If I am completely real with myself...

SERIES REFLECTION

Use this page at the end of the series, or after several sessions, to reflect on what you have learned, how your thinking has changed, and what you want to carry forward.

Which Tea Talk stayed with me the most - and why?

What perspective changed or expanded for me?

What did I learn about myself?

What conversation do I want to continue?

What topic should Deep Talk With Tea explore next?

What am I taking with me into the next season?