

#QUIETTEA JOURNAL

SPILL THE TEA

What's in your cup?

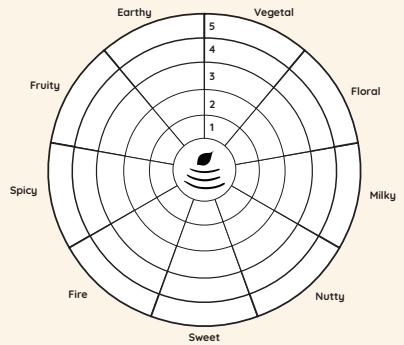
Rating



Tea Type

- Black Green Oolong Pu-erh
Tisane White Yellow
Others _____

Flavor Profile



BREATHE. REFLECT. REPEAT.

I'm feeling ...

What am I grateful for today?

My intention for today/the week ahead

Notes