



# Tea Journal



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*Date:*

*Time:*

*Place:*

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*Herbs:*

*Tea Name:*

## Intention & Purpose

*Why did you choose this tea today?*

*What do you hope to gain from this experience?*

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## Preparation Notes

*Amount of herbs:*

*Steep time:*

## Taste & Aroma Notes

*Smells like:*

*Tastes like:*

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## Mind-Body-Spirit

*This tea makes me feel:*

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## Reflections

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## Notes

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