

eteaket

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Sip, Shine & Thrive: 31 Days of Wellness

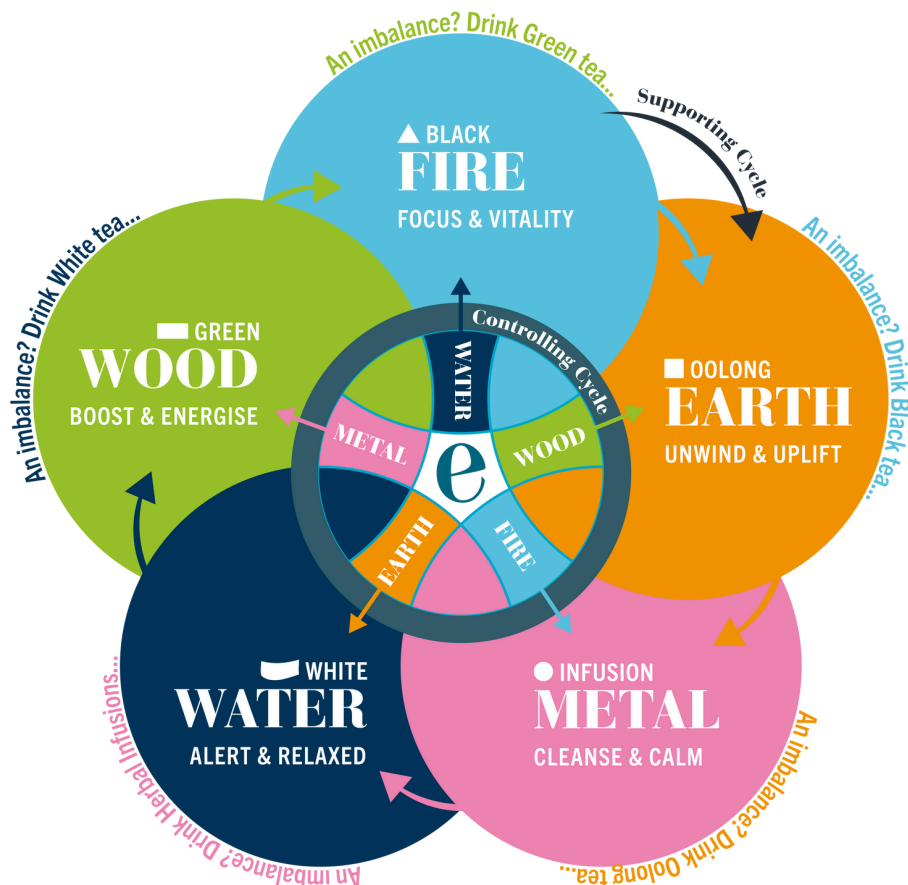
pause, rebalance & thrive.

At eteaket, our mission is to help you pause and rebalance with the highest quality, ethically sourced teas from around the world, including our own unique blends. We believe something as simple as a daily cup of tea can ground you, restore your energy and help you thrive.

Sip, Shine & Thrive: 31 Days of Wellness

Designed to reconnect you with the natural rhythms of the season. Rooted in the fire element of Chinese philosophy, the phases of the moon and wellness traditions, each day offers a simple, mindful practice or journal prompt that can be practiced whilst your leaves steep.

Simply find a moment each day to consider how you feel, really check in with your self & track your mood. Use the prompts to reflect, journal your answers or take mental stock - it's your journey.





WEEK 2: GLOW (July 8–14)

Moon Phase: Sagittarius > Full Moon in Capricorn > Water signs of Aquarius & Pisces

Our lunar rhythm mirrors the tides of our inner world, shaping energy, emotion and intention. The Moon moves through Sagittarius's Waxing Gibbous, reaches a Full Moon in Capricorn on the 10th, then wanes through Aquarius and into Pisces by the 14th. Tune into the shift from bold optimism, through grounded clarity, into spacious reflection - each phase offering a chance to tend your inner fire with presence and purpose.

Theme: Radiance, self-expression, embodied confidence

Tuesday 8th July

moon

Moon in Sagittarius



emotion tracker



Ask yourself how you're really feeling?

Tea routine:

Fire energy fuels action but can leave the mind feeling like 47 tabs are open at once.

Brew a calming tea, press play on the latest Tea Mind Podcast, and do a 3-minute brain-dump as you sip. No structure, just release.

"You don't need more time. You need more space." Clear the mental clutter and make room to glow.

Wednesday 9th July

moon

Moon in Capricorn



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Brew a cup of rooibos or nettle tea, letting its earthy strength mirror the energy of the day. As the Full Moon draws near, this is a moment to pause and acknowledge the quiet discipline and inner resilience that have carried you forward. Sit with your tea and reflect or journal: where in your life have you shown up with steady intention, even when no one else saw it? Let the warmth of each sip anchor you in the knowing that real growth often begins underground, where roots run deep.

Thursday 10th July

moon

Moon in Capricorn



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Brew a cup of spiced chai or cinnamon tea, letting its warmth mirror the fire within. As you sip, settle into the steady strength of the Capricorn Full Moon and allow yourself to fully feel your growth and achievements. Use this moment to reflect deeply and release what no longer supports your path. Let your inner fire shine with presence and purpose, imagine your confidence growing as you prepare to step into your next chapter.

Journal prompt: "What parts of my journey am I proud to express, and what do I need to let go of to make space for my brightest self?"

Friday 11th July

moon

Moon in Capricorn



emotion tracker



Ask yourself how you're really feeling?

Tea routine

As the Full Moon energy softens, clarity sets in. Aquarius brings fresh perspective and space to embody your truth. Let your radiance speak through authentic action and intuitive movement.

Wear what feels bold and true. Move with purpose. Express without shrinking.

Journal prompt: How can I express myself more freely, without shrinking or performing? What truth wants to be lived through me now?

Saturday 12th July

moon

Moon in Aquarius



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Today, invite gentle movement that feels freeing like stretching your arms wide or flowing with breath. Aquarius water energy encourages you to release old patterns and embrace fresh perspectives. Let your body's motion help you open up and glow with authentic confidence.

Journal prompt: What new ways of being can I welcome today by moving freely and with curiosity?

Sunday 13th July

moon

Moon in Aquarius



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Begin your day with a warm cup of herbal tea that nurtures the metal element and gently opens your throat. As you sip, allow the warmth to soften any tightness, inviting ease in your voice and clarity in your expression.

Take a moment to breathe deeply and connect with your intention to speak your truth with confidence and kindness. Then, with pen in hand, reflect on a time when you held back your words to avoid conflict. Write it down freely, without judgment, and feel the gentle release that comes with putting it all on the page.

This simple act helps clear the way for your radiant self-expression to flow naturally and effortlessly.

Monday 14th July

moon

Moon in Pisces



emotion tracker



Ask yourself how you're really feeling?

Tea routine

With the moon in Pisces, dive into your imagination and intuition. Let your heart soften and your mind drift into dreams and possibilities.

Today, flow with creativity and gentle reflection. Express yourself freely, like water painting soft strokes on a canvas.

Sip a warm, soothing tea to guide you inward. Then, journal or reflect about a dream or feeling you've kept close. something your soul whispers but your mind hesitates to speak. Write freely, without limits.