

eteaket

leaf tea co



Sip, Shine & Thrive: 31 Days of Wellness

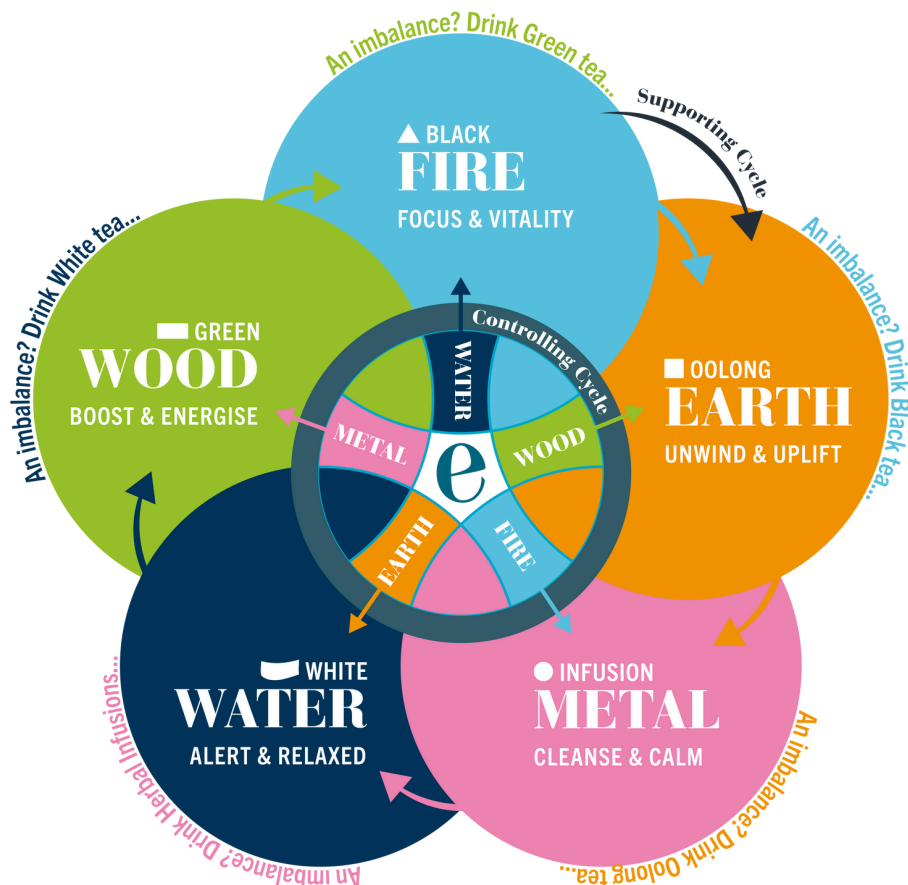
pause, rebalance & thrive.

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 3: BURN (July 15–21)

Moon Phase: Pisces through Fiery Aries > Taurus, and into Gemini,

This week, the Moon flows through Pisces, then rises into fiery Aries, earthy Taurus, and airy Gemini. Feel the emotional depth soften into bold momentum, then ground into steady growth before lifting into curious clarity. Each sign offers a new lens to stoke your inner fire with focus and intention. Let your energy move with the rhythm. Fluid, fierce, rooted, and open.

Theme: Focus, momentum, and action to fuel what matters most

Tuesday 15th July

moon

Moon in Pisces



emotion tracker



Ask yourself how you're really feeling?

Tea routine:

Begin your day with a soothing cup of chamomile, lavender, or peppermint tea. Sit quietly for five minutes, breathing deeply and slowly. Repeat this affirmation: "I focus my energy on what truly matters."

Journal prompt: What distractions can I gently release to give more space to what truly matters this week? Write them down and imagine letting them go with each breath.

Wednesday 16th July

moon

Moon in Aries



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Fuel your fire with a bold cup of warming black tea.

Take 5 minutes to set one clear, achievable intention for the day. Breathe deeply in through your nose for 4 counts, hold for 2, then exhale for 6 to release any hesitation.

Journal prompt: What's one small action I can take today that moves me closer to my goals? Write it down and commit to it.

Thursday 17th July

moon

Moon in Aries



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Brew a strong black tea to fuel your fire and awaken your focus.

Adopt yoga Warrior pose to embody strength, courage, and forward momentum. Feel your energy expand and power ignite.

Journal or consider: Where can I channel my energy today for the greatest impact? Write your answer and let it guide your actions.



Friday 18th July

moon

Moon in Taurus



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Sip a smooth oolong tea like Milk Oolong or The Contented Mind to ground your energy and nurture steady joy.

Try a gentle seated twist to open your heart and connect with the present moment's pleasures.

Journal prompt: What simple joys can I lean into today to fuel my steady progress? Write and savour the answer

Saturday 19th July

moon

Moon in Taurus



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Brew a warm cup of spiced chai or black tea to awaken your senses and ignite steady energy.

Begin with a gentle stretch. Reach your arms overhead and slowly twist side to side, feeling your spine lengthen and your breath deepen. Let this movement ground you in your body's power.

Journal prompt: Where do I feel resistance right now? How can I invite ease and flow into these areas? Write freely and breathe into release.

Sunday 20th July

moon

Moon in Gemini



emotion tracker



Ask yourself how you're really feeling?

Tea routine

Sip a refreshing cup of citrus infused tea to brighten your mind and spark curiosity.

Try a quick breathing exercise: inhale deeply through your nose for 4 counts, hold for 2, then exhale gently through your mouth for 6 counts. Repeat 3 times to clear mental clutter and invite lightness.

Journal prompt: What small joys can I invite into my day? How can I share my light with others? Write your thoughts and smile into the moment.

Monday 21st July

moon

Moon in Gemini



emotion tracker



Ask yourself how you're really feeling?

Tea routine

As the week closes, sip a wood element green or jasmine tea to gently feed your fire and soothe your spirit.

Take a moment to ground yourself with gentle neck and shoulder stretches, releasing tension and opening space in your heart space for ease.

Journal prompt: Reflect on your week. How did focus, momentum, and joy fuel your fire? What intentions will you carry forward? Write freely and let your inner light shine.