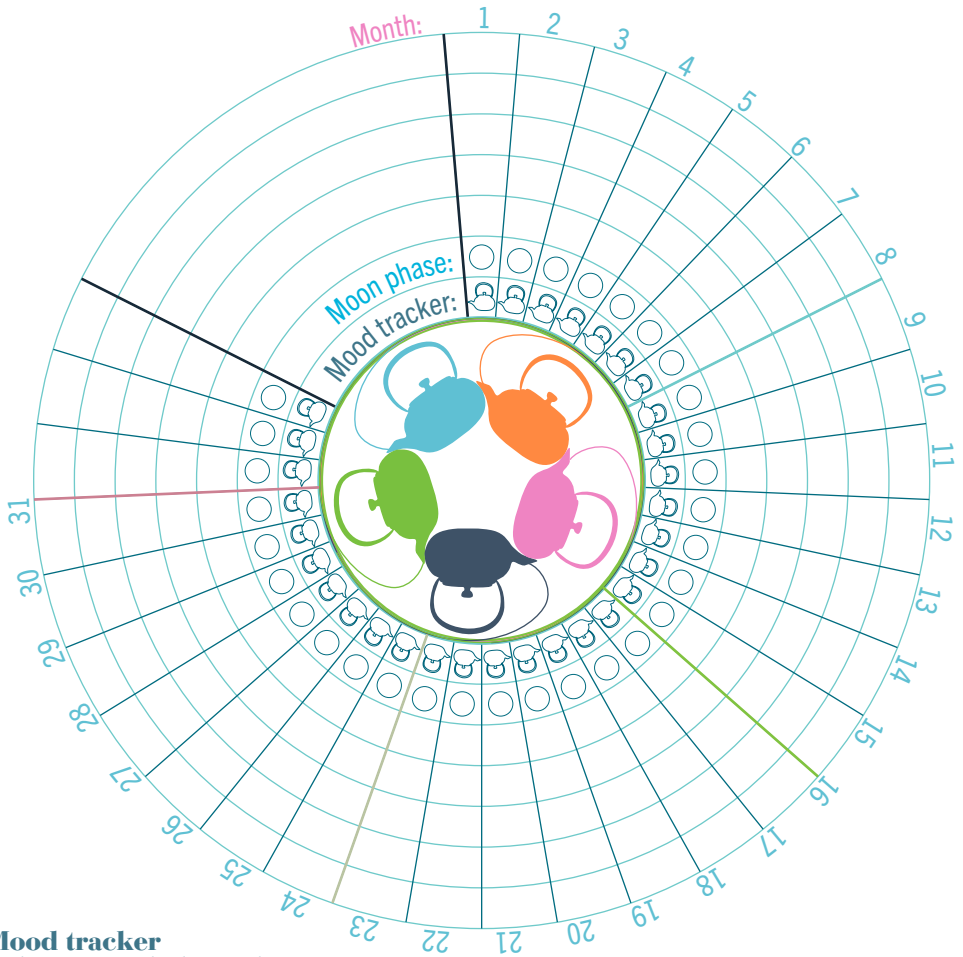





# tea in mind



## HABIT TRACKER

'tea in mind' is a daily practice to empower you to pause, re-balance & create a calming space for the mind...



### Mood tracker colour & re-balance key:

-  If you feel overwhelmed, drink Black Tea.
-  If you feel sad, drink Oolong Tea.
-  If you feel adventurous, drink Green Tea.

-  If you feel irritated, drink White Tea.
-  If you feel anxious, drink Herbal, Fruit or Rooibos Tea.

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