



3 Minutes a Day The Teamotions Way

Your daily time out to check in



Choose Your Tea

Teamotions has an entire line of teas created to restore emotional well-being. Each delicious blend has a unique emotional benefit.

Intentionally choose the one that resonates with you and prepare a cup to enjoy as you check in. You are worth it!

Not sure which tea you need? Take our quiz on our website.

Q1. What Are You Feeling?

Your feelings and emotions are clues to what is going on in your heart. Don't judge your feelings, simply identify them. They are neither right nor wrong, good nor bad. They contain valuable information so don't be afraid to listen to them.

Q2. Why Are You Feeling ...?

After you identify what you are feeling, dig a little deeper to discover why. Your feelings are rooted in reasons.

Getting to the root of your emotions will uncover what your heart needs and inform you how to advocate for yourself. Don't shy away from the why. Pursue the truth about your heart.

Q3. How Will You Respond (Not React)?

Your heart is your responsibility. You cannot always choose your situation, circumstances, or even your feelings, but you always have the power to choose your response.

By responding (instead of reacting) to your feelings and what they are telling you about your heart, you steer your heart intentionally where you want it to go. This is your opportunity to show up for yourself and take your power back. No matter what happens to you in life, what happens to your heart is entirely up to you.