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# Tea Journal

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A 30-Day Guided Journal



Table / Log

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Record the tea type, origin, and date of each session
  - Note water temperature, steep time, and leaf amount for precision
  - Describe the aroma before tasting — floral, earthy, grassy, smoky
  - List flavor notes and rate the overall experience from 1 to 10
  - Add personal notes: mood, occasion, or whether you'd try it again



Scan for a detailed guide on how to use this journal



























































