



drink tea. forget.

an introspective RPG for one

at the start of each day

prepare the pot, set the kettle to boil, brew your tea.
As it brews, consult the calender and think about...

- Monday** a time you let someone down when they needed you most.
- Tuesday** a loved one you never got to say goodbye to, gone forever.
- Wednesday** a haunting secret you've never told anyone about.
- Thursday** an unhealthy habit or vice you wish you could shake.
- Friday** a moment where you felt ashamed to be you.
- Saturday** a place in your life you wish you could be at, but are not.
- Sunday** a time when insecurity or fear kept you from trying something new. How will you handle that next time?

as you drink

check the current minutes and vow to:

0-14 Let someone in.

What do they think? How would they approach this? Perhaps the only thing they can offer is an open ear, that's fine too.

15-29 Be alone with your thoughts.

What could you have done differently? What can you do moving forward? Ask yourself hard questions that you've been avoiding. Be a better you.

30-44 Never think of this again.

Cross it off the list. It is gone. Forgotten. Let it go.

45-59 Resolve to reach out to someone in your life who may be going through something similar. Encourage them, support them like you wish someone had done for you.

once you are done

Check that option off the list. Resolve to drink tea at another time tomorrow. Repeat until you're ready to stop or until you've checked every combination. Bottoms up.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0-14							
15-29							
30-44							
45-59							

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