



# The Cup of Comfort



## Brew the Potion: How to Turn Your Daily Drink Into a Ritual



### Directions

Your task is to craft a cozy beverage that restores your energy and focus. It can be tea, coffee, cocoa, or even lemon water—but it must be made with intention.

- Choose your vessel (a mug that feels magical or comforting).
- Prepare your drink slowly, noting the sounds, steam, and smells.
- While it brews, do one of the following: light a candle, play soft music, or open a window to let in fresh air.
- Name your creation (e.g., Sunrise Elixir, Focus Brew, Witch's Wake-Up).
- Sit and drink it with full presence—no scrolling.

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### XP Earned

+10 Mindfulness  
+5 Potion Mastery  
+1 Inner Peace

