

What Grounds Me?

There are many ways to feel grounded. You can meditate or be still.
Do creative activities like drawing, painting, writing, music.
Go for walks, sit in nature, use crystals, play with animals or play music.
Spending time with your loved ones can also be grounding.

How do I feel grounded?

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What could I add into my life to feel more grounded?

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I feel grounded by the love I have for myself, my family and friends