

Grounded Strength





Welcome to your Mission!

Week 1: Feel Safe Where You Are

Create comforting moments that help you feel grounded and supported.

Week 2: Gently Connect with Your Body

Notice your body with kindness and care, no pressure or expectations. Try slow movements, hold a comforting object, or apply lotion with intention.

Week 3: Find Calm in Little Routines

Let peace come from simple, steady rhythms. Create a daily ritual—morning music, a quiet tea break, or caring for a plant.

Week 4: Be Present with Peace

Reconnect with the now through sensory moments and soft awareness. Notice what you see, hear, and feel. Eat slowly, move gently, or doodle with ease.



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WEEK 1:

Pick 3 that align with where you are right now.

① Look at a calming picture, like a favorite photo or nature scene.

② Wrap up in your favorite cozy item (shawl, hoodie, blanket).

③ Think of a happy moment from your life and smile as you remember it.

④ Sip a warm drink slowly—focus on the warmth in your hands.

⑤ Spend 5 minutes observing trees, or clouds—just watch without judgment.

⑥ Place your hand over your heart and take 3 gentle breaths.

⑦ Say to yourself: "Right now, I am safe."

Reward yourself for completing Week 1!



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WEEK 2:

Pick 3 that align with where you are right now.

①

Sit comfortably and slowly move your shoulders or hands.

②

Wiggle your toes and notice the contact with the floor.

③

Hold something textured (a stone, cloth, or mug) and feel it.

④

Do the Doer's Reset

⑤

Do a few easy seated stretches or shoulder rolls to release tension.

⑥

Name one small thing you're grateful for right now.

⑦

Gently stretch your arms and breathe into the movement.



Take a joyful pause— you're halfway there!



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WEEK 3:

Pick 3 that align with where you are right now.

①

Choose a calming way to start your morning (music, soft light).

②

Pause for a quiet tea or water break.

③

Smile gently at yourself in the mirror to boost mood and calm nerves.

④

Write one kind word on a small piece of paper.

⑤

Do one simple task (like folding or organizing) mindfully.

⑥

Sit down to read or reflect.

⑦

End the day with a quiet moment:
"Today, I showed up gently."

Celebrate your progress— you're doing great!



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WEEK 4:

Pick 3 that align with where you are right now.

①

Look out a window and name 3 things you see.

②

With each inhale, think of something you appreciate; exhale slowly.

③

Silently repeat a calming phrase like "I am calm" or "I am safe."

④

Close your eyes gently for a minute or two and notice the darkness and stillness.

⑤

Gently roll your shoulders backward and forward to release tension.

⑥

List three blessings received.

⑦

Say aloud: "I am here. I am calm. I am enough."

100%

Congratulations on completing the journey!

