

Barefoot & Grounded

Establishing a stable base for the day using sensory awareness.



My Morning Ritual

List 3 things you can see, 2 you can hear, and 1 you can touch..



Set one primary emotional goal for the day:

I intend to...



TOP 3 PRIORITIES:

Focus on "Getting things done" without overwhelm.



Daily Grounding:

Record one moment you felt truly "in your body."