



Date:

Print out this sheet & fill out by hand or type directly onto this file. Notice for a day, a week, 21 days, a lunar cycle, a year. However serves!

Head - What You think

Enter about five things you noticed that you thought today, this week, or another consciously chosen amount of time.

Hands - What You do

Enter about five things you noticed that you did today, this week, or another consciously chosen amount of time.

Feet - How I ground

Enter about five ways you noticed that you grounded today, this week, or another consciously chosen amount of time.

Tomorrow I might...[optional]

Brainstorm things you might try. New ways to ground. New things to think or do. Zero pressure & 100% exploration.