



Read more about the why and how behind this worksheet [here](#).

Date:

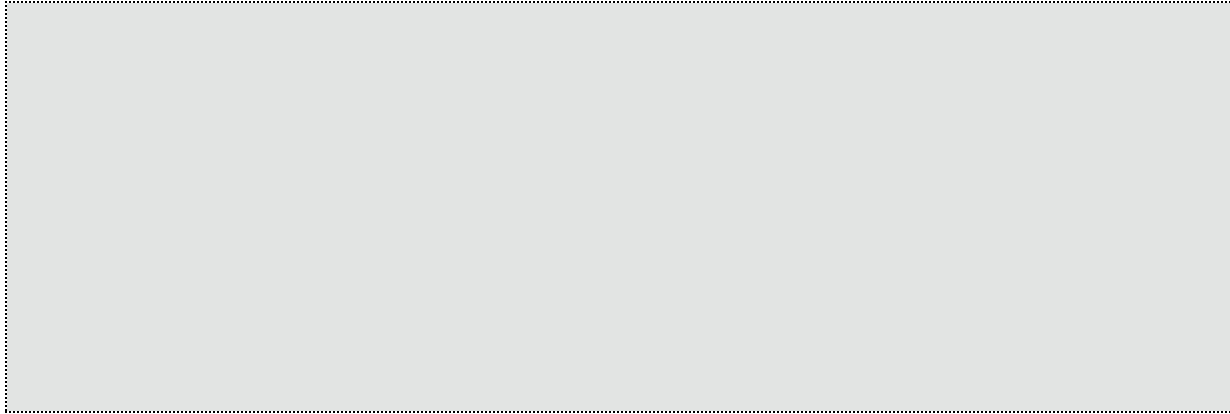
Print out this sheet & fill out by hand or type directly onto the file. Notice what happens during a day, a week, 21 days, a lunar cycle, a year. However serves!

Head - What I think

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


Hands - What I 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.



What do you think of this worksheet?

Write me at tarot@siobhansmirror.com or let me know on one of my [social networks](#).