WELL & THRIVING

A FREE GUIDED PRACTICE

The Grounded Reset

A 5-minute check-in to pause, reconnect,
and choose your next small step.

You don’t have to figure everything out right now.



Pause & Notice Your Surroundings

You don’t have to change how you feel right now. Take a moment to notice where you are and what’s around you.

01 • Look around

Let your eyes move around the space. Notice three things you can see—a color, a shape, or an everyday object. There’s nothing special you need to find.

02 • Notice what supports you

If it feels comfortable, notice where your feet meet the floor or your body meets the chair. You can also rest your hands on a nearby surface and notice its texture.

03 • Give yourself a moment

Let your breathing follow its natural rhythm. There’s no need to deepen it or slow it down. Simply pause before deciding what comes next.

What feels neutral or steady around me?

It might be the chair beneath you, light through a window, or a familiar object.

If focusing on your body feels uncomfortable, keep your attention on the room around you. You can adapt or skip any step.

Check In Without Fixing

You don't need the perfect words. Simply notice what feels closest to your experience right now.

What am I noticing?

Choose a word or two—or use your own. You can feel more than one thing at once.

- ☐ Tense
- ☐ Tired
- ☐ Scattered
- ☐ Heavy
- ☐ Restless
- ☐ Disconnected
- ☐ Relatively steady
- ☐ Not sure

Another word: _____

What might I need?

You don't have to solve everything. Consider what could make this moment a little more manageable.

- ☐ Quiet
- ☐ Water or food
- ☐ Gentle movement
- ☐ Rest
- ☐ A little space
- ☐ Connection
- ☐ Practical support
- ☐ Time to decide

Right now, I notice...

_____

What I may need is...

_____

You can answer quietly, write a few words, or leave it open. Not knowing is a valid place to begin.

Choose One Small Next Step

Let what you noticed guide one manageable action. Choose something that fits your energy and circumstances right now.

What could support me in this moment?

If I need quiet...
Put my phone aside or spend a moment somewhere less busy.

If I need care...
Get some water, have a snack, or take a brief rest.

If I need space...
Pause a nonessential task or give myself time before replying.

If I need connection...
Send a simple message to someone I trust: "Do you have a moment to talk?"

If I need movement...
Stretch gently, change position, or take a short walk if comfortable.

You can choose one of these, adapt it, or find your own.

For now, I can...

_____

_____

Make it specific and small enough to begin.
For example: "I can put my phone down and sit by the window for two minutes."

You can take a useful next step even if the feeling hasn't changed.

Pausing, asking for support, or choosing to rest can be a next step, too.

Your Return-to-Yourself Card

You can return to this practice whenever you need a moment to pause. Use what helps, adapt what you need, and leave the rest.

THE GROUNDED RESET

01 · Pause	Give yourself a moment before responding.
02 · Look around	Notice three things you can see.
03 · Notice	What am I experiencing right now?
04 · Identify a need	What could make this moment more manageable?
05 · Choose one step	What is one small thing I can do next?

You don't have to figure everything out right now.

Save a screenshot of this card or keep a printed copy nearby.

Continue at Your Own Pace

If you'd like a little more direction, explore a free Well & Thriving self-assessment.

Find Your Healing Phase

Explore support for emotional healing and personal growth.

Find Your Awakening Stage

Reflect on the inner changes you're experiencing.

wellnthriving.com

A reflection tool for everyday use. Not a substitute for professional care.

Find Support for Your Next Step

You don't have to know exactly where you're headed. Explore the resources that feel relevant to you, at your own pace.

Start with a free self-assessment

Find Your Healing Phase

Reflect on where you are in emotional healing and personal growth, and explore resources aligned with your results.

Find Your Awakening Stage

Explore which of the seven awakening stages resonates with the inner changes you're experiencing.

On the website: Self-Assessments → choose your assessment

Explore guided workbooks

Find practical exercises and reflection prompts for emotional grounding, understanding patterns, processing emotions, and building greater alignment.

Explore the Healing & Personal Growth collection or workbooks for the seven Spiritual Awakening stages.

On the website: Workbooks → All Workbooks

Read, reflect & explore

Browse articles on emotional healing, personal growth, and spiritual awakening. Start with the topics that speak to what you're experiencing.

On the website: Explore → Blog & Articles

wellnthriving.com

Free assessments • Guided workbooks • Articles & resources

One small step is a place to begin.