

Where am I going? And what am I doing in this handbasket?

Five questions and actions to get grounded

Question: What three emotions do I feel right now?

Action: Invite in the emotions. Sit down. Close your eyes. Breathe. Take one minute and say to yourself (out loud or internally): *“I am feeling X. It is ok that I am feeling X. This too shall pass.”* Keep your breath slow and easy. Do one minute for each emotion.

Question: What is one activity that would make me feel energized or empowered?

Action: Sit down. Close your eyes. Take one minute and visualize yourself doing that activity. Try to embody it by picturing the setting, the location, how it would feel in your body, associated sounds and smells, etc.

Question: What am I doing right now?

Action: Notice where you are and where your focus is. If you are doing several things at once, stop. Pick one thing to do and as you do it, remind yourself, *“Right now, I am ONLY doing X. When I am done, I will do Y.”*

Question: What three emotions do I want to feel?

Action: Write all three down on 5 different slips of paper. Put the slips in various places around your house. Some can be visible (i.e. posted on your computer) and some can be hidden (i.e. in your pillowcase). Be creative!

Question: What is one thing (task, behavior, assignment, chore) that, if I do it today, would feel like a major step forward?

Action: Pick a time to do it and tell someone your plan. Ask them to hold you accountable, with compassion. Then do it.

Want support? Schedule a session: practicalsunshine.co