

# 7 Steps To Feel Grounded Now



By Kathleen  
Nower

# About This Guide

Do you ever get that feeling of being completely in your own head and overcome with anxiety?

Your thoughts are so loud, emotions so prevalent, that you realize you have lost touch of what is happening here and now?

You've told yourself you aren't good enough and questions and feelings of doubt overflow your mind. You're closed off, feeling unworthy and are in a total slump.

These are the steps I follow when I no longer feel in control. This step-by-step guide is designed to bring you back to your true self. It's here to help you silence your inner critic, shift your mindset and give you the tools you need to feel confident in who you are and to let go of anxious feelings.

# Step 1: Get Physically Grounded

Stop. Take a deep breath. Focus on the quality of your breath.

Root your feet. Feel the ground beneath you.

Take 3 deep breaths and focus on the journey each breath takes.

Start by filling up your belly with oxygen, then fill your chest, then fill your throat until you're completely full of breath. Then exhale the air from your belly, from your chest and from your chin.

Allow a slight smile to come to your face.

# 2. Pay Attention To Your Senses

**Grab your journal or use the space provided. By actively noticing what our bodies can sense in the present moment, we are able to shift our minds away from the constant chatter and bring it back to what is tangible and what we know to be real and true.**

Write down something you can see, smell, taste, feel

I can see \_\_\_\_\_ and hear. Describe it.

I can smell \_\_\_\_\_

I can taste \_\_\_\_\_

I can touch \_\_\_\_\_

I can hear \_\_\_\_\_



# 3. Look Inward

**How do you feel now that you have allowed yourself to reconnect with what is physically here to keep you grounded? Your breath, grounding through your feet, and noticing what's around you are tools you can use anywhere and anytime to help you come back to yourself and start to silence your inner voice.**

Write down how you're feeling now and how you were feeling before you began to ground yourself.

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What emotions are coming up? (Anxious? Sad? Confused?)

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How does your body feel? (Tense? Small? Tight?)

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# 4. Notice Your Thoughts

**Start to try and watch your emotions. Imagine you are looking at your thoughts and emotions as a third party.**

Answer the Following:

Are your thoughts self-sabotaging?

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Are your thoughts coming from a place of love or fear?

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How would a friend react if they heard your thoughts?

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Do these thoughts reflect your true self?

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# 5. Mindset

**Remember that you are the only person who can hear those self-doubting thoughts; you are the only person who believes them to be true. In the world outside your mind, those thoughts don't exist.**

Shift Focus: Answer the Following

What is something you are grateful for?

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I love that I \_\_\_\_\_

I am proud that I \_\_\_\_\_

**Say This Out Loud!**

**I am brave.**

**I am enough.**

**I am grounded.**

**I am in control.**

**I am worthy.**



# 6. You Are In Control



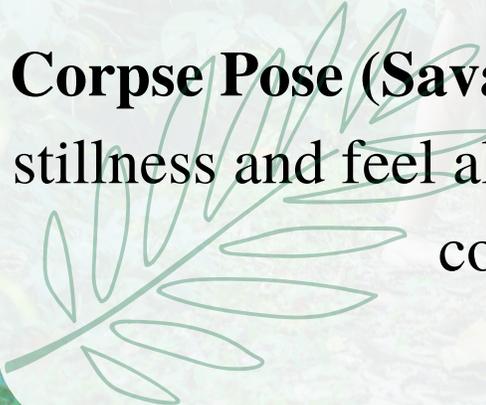
**What can you do RIGHT NOW to feel control?**

**Can you get outside? Can you smile? Can you move your body? Go for a walk? Meditate?**

**There are a few fantastic yoga poses to help you feel grounded. Try:**

**Mountain Pose (Tadasana)** - Stand with your feet hip distance apart, arms by your side, straight spine, engaged legs and core. Feel your feet rooted in the ground. Stand strong.

**Corpse Pose (Savasana)** - Lie down on the floor. Find stillness and feel all the places where your body makes contact with the floor.



# **7. You are Here, Now**

**You have all the tools you need to bring yourself back to your true self and feel grounded in who you are.**

**I know it can be really hard to remember that you are not defined by your thoughts and emotions, but you are not alone in feeling this way.**

**Your feelings are valid.**

**You are more than your thoughts.**

**You are here, now, on this beautiful Earth, supported and cared for.**

# Let's Connect!!

Hey! I'm Kathleen Nower



I'm a life coach and yoga instructor who helps women to release their fears and let love in. I help women feel amazing about themselves from the inside out and deepen their connection to themselves.

I help women build confidence, design a life they love, and shift their mindset.

I'd love to connect with you!

If this guide helped you and you're ready to dig deeper, email me and we can set up a complimentary consult for 1:1 coaching!

Get ready to feel amazing about yourself.

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