

I ground myself in reality

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I treasure mindfulness and focus on the current moment. I ground myself in this minute and on this planet. I am in touch with reality. My mind, body, and spirit are all connected.

I take the time to show my gratitude for this universe.

I appreciate the people, animals, nature, and other parts of my world. I am grateful for the opportunity to exist with them.

I recognize the universe is a gift today.

I ground myself in my current situation and say thank you for what I own. I express my gratitude for the people and things that surround me. I take a moment each day to tell them how I feel.

I build a strong foundation in my community. I am a pillar of knowledge and strength. I ground myself in my local area and help others.

I recognize the role that dreams and goals play. However, I focus on reality, so I stay on

the path to these goals. I have the ability to stay grounded despite challenges and other issues.

My imagination avoids overdrive. Instead, it focuses on the reality of each situation. I am able to make beneficial decisions based on facts and data.

Today, I ground myself in this universe and appreciate its beauty.

Self-Reflection Questions:

1. How can I stay grounded in reality without losing sight of my big dreams?
2. What can I do to balance my expectations for what I want to accomplish and what I have right now?
3. How can I help my family appreciate the current moment and stay grounded?