JOURNAL OBSERVATIONS: GROUNDING

| When you are studying for a test be aware of your body. Do you feel the chair and the floor supporting you? In other words, are you grounded? |
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| Notice when you are not grounded. Were you thinking about something in the past or the future? Were you feeling anxious about an upcoming test? Record your observations below. |
| As you record your observations, ground yourself: feel the floor supporting your feet, and feel the chair supporting your legs, butt and back. Let go of any physical tension in your body. |
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