










My Weekly Grounding Log

DAILY PRACTICE. STRONGER YOU.

WEEK OF: _____

Goal: Practice at least 2 grounding techniques each day.
Notice how they make you feel. Consistency creates change.



DAY	MY GROUNDING TECHNIQUES (Write or choose from ideas below)	HOW IT MADE ME FEEL (Before / After)	DID I PRACTICE AT LEAST 2 TODAY? (Check ✓)	NOTES / WHAT I NOTICED (What helped? What didn't?)
MONDAY 	1. _____ 2. _____	Before: _____ → After: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	
TUESDAY 	1. _____ 2. _____	Before: _____ → After: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	
WEDNESDAY 	1. _____ 2. _____	Before: _____ → After: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	
THURSDAY 	1. _____ 2. _____	Before: _____ → After: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	
FRIDAY 	1. _____ 2. _____	Before: _____ → After: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	
SATURDAY 	1. _____ 2. _____	Before: _____ → After: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	
SUNDAY 	1. _____ 2. _____	Before: _____ → After: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	

 **GROUNDING IDEAS**

- 5-4-3-2-1 (5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste)
- Deep breathing
- Notice your body (sensation scan)
- Walk outside / feel your feet on the ground
- Hold something cold
- Stretch or gentle movement
- Listen to calming music
- Journaling



Be proud of showing up for yourself every day. Small steps create big changes.



WEEKLY REFLECTION 

What grounding techniques helped me the most this week?

What will I continue or try more of next week?

☆ *I am learning to return to myself. I am safe in this moment. I choose peace.* ☆