Logo

Description automatically generated

**Grounding Action Templates**

There are two templates provided – one looks at potential grounding elements and one looks at potential grounding settings. Use whichever works best for you – or use both.

Simply identify (a) the elements that currently ground you and (b) elements that you would like to add. It’s really that simple. Of course you then need to act to either deepen the grounding you find in your current elements and/or act to find new grounding in your new elements.

**Note.** This is a Word document, so it will expand, and it can be modified as desired. The two templates can also be cut and pasted into separate documents

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| **#1 Deepening My Grounding**  **Elements** |

There are a surprising number of elements that can combine to provide a sense of grounding. The following examples are from the downloadable PDF.

**Significance**

* Contribution
* Meaning
* Identity
* Worth/self-esteem

**Relationship**

* Affiliation/connection
* Place/belonging
* Sense of order/orientation

**Growth**

* Discovery and mastery
* Creativity
* Authorship

**Well- Being**

* Social
* Physical
* Activities

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| **Element** | **Current** | **Possible** |
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| **#2 Deepening My Grounding**  **Settings** |

There is an array of settings where the grounding elements might exist. Sometimes starting with a setting helps identify the elements. For example:

* Family, Social network
* Work
* Neighborhood/community
* Organizations
* Spiritual realm

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| **Setting** | **Current** | **Possible** |
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