



FREE PRACTICAL TOOL

Grounding Through Change

A gentle companion for seasons that feel unfamiliar, uncertain, or bigger than expected.

Start here

- 1 Name what is changing and what is staying the same.
- 2 Choose one familiar routine to keep while other things shift.
- 3 Let yourself feel mixed emotions without treating them as a problem to solve.
- 4 Ask: "What would make this next week feel five percent more supported?"

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