

A GIFT FROM COACH LENORE

The 5-Minute Grounding Practice

A gentle reset for anxious mornings, grief waves,
and the moments life feels too loud.

Why grounding works

When your nervous system is spinning, no amount of thinking your way out will help. Grounding invites your body back to *right now*, and your mind will follow. This is a simple, sensory practice you can do standing at the kitchen counter, sitting in your car, or before you get out of bed.

The Practice: 5 Senses, 5 Breaths

Minute 1 | Arrive

Place both feet flat on the floor. Rest one hand on your chest, the other on your belly. Whisper (out loud, softly): *I am here. I am safe in this moment.*

Minute 2 | See

Name **5 things you can see**. Say each one out loud. Notice color, edges, texture. Slow down. Let your eyes actually land.

Minute 3 | Hear & Touch

Name **4 sounds** you can hear and **3 textures** you can feel (the seam of your jeans, cool water, your own palm). Nothing to fix. Just notice.

Minute 4 | Smell & Taste

Name **2 things you can smell** and **1 you can taste**. If nothing is present, sip water, or take a slow inhale of something nearby. Let the ordinary count.

Minute 5 | Bless the moment

Take three long breaths. On each exhale, say: *I trust the pace of my healing*. Then set one soft intention for the next hour, not the day. Just the next hour.

*“You do not have to earn your peace. You are allowed to return to it, again
and again.”*

When to use this

- Right when you wake up, before you check your phone.
- In the parking lot before a hard meeting or appointment.
- The moment a wave of grief hits, even if you're at the sink.
- Before bed, to soften the day off your shoulders.

A note from Coach Lenore

If you are practicing this daily and still feeling stuck, that is not failure. That is your soul telling you it needs company for this next stretch. I would be honored to walk it with you. Your first consultation with me is always free.

Ready to take the next gentle step?
Book a free 30-minute consultation at coachlenore.com/book