



I am grounded and supported right where I am.

*Grounding • Stability • Inner strength*



I trust myself to take things one step at a time.

*Grounding • Stability • Inner strength*



I feel calm, steady, and present.

*Grounding • Stability • Inner strength*



I move through my day with balance and ease.

*Grounding • Stability • Inner strength*

## Steady Ground