

Groundedness Exercise

The following exercise and copy come from the book “The Practice Of Groundedness” by Brad Stulberg. [\(I highly recommend it!\) here's the link if you'd like to purchase the book.](#)

The six principles of groundedness are as follows:

Acceptance:

To reach your destination, begin by accepting your current position. This means acknowledging your present circumstances and starting from there rather than focusing on where you want to be or where you or others think you should be. The key is to see things clearly and accept your starting point as it is.

Presence:

Take control of your focus and vitality by staying present. This means engaging fully with what is in front of you, both physically and mentally. Rather than dwelling on the past or worrying about the future, dedicate more time to experiencing and enjoying the present moment. By being fully present, you can own your attention and energy.

Patience:

Paradoxically, exercising patience can actually expedite progress. This means allowing things to develop and unfold naturally without attempting to speed through life at a breakneck pace. Rather than expecting instant results and giving up when they don't manifest, it's important to embrace a shift from constantly seeking to a disciplined practice mindset. Playing the long game involves staying the course, resisting the urge to veer off track, and remaining committed to your path.

Vulnerability:

Develop true strength and confidence by embracing vulnerability. This means showing up as your authentic self, being honest with yourself and others, and reconciling the different versions of yourself. By knowing and trusting your true self, you can focus on what matters with freedom and confidence.

Deep Community:

Cultivate meaningful relationships by building a deep community. This involves prioritizing connections and a sense of belonging over just productivity. Surround yourself with supportive people who will uplift and encourage you through thick and thin while allowing you to do the same for them.

Move:

Ground your mind by moving your body. Regular physical activity connects your body to your mind, helping you feel more present and centered in any given moment.

Exercise:

To reinforce each principle of groundedness, identify one to three concrete actions you can take to nurture it and one to three actions you should stop. Consider each principle a reflection of your inner state, and aim to bring your actions in line with this state of being. Keep your action items simple and specific.

Groundedness Exercise

Acceptance:

Watering actions- 1-3 concrete actions that you can take to grow and nurture it.

- 1.
- 2.
- 3.

1-3 concrete actions it would be wise to stop-

- 1.
- 2.
- 3.

Presence:

Watering actions- 1-3 concrete actions that you can take to grow and nurture it.

- 1.
- 2.
- 3.

1-3 concrete actions it would be wise to stop-

- 1.
- 2.
- 3.

Patience:

Watering actions- 1-3 concrete actions that you can take to grow and nurture it.

- 1.
- 2.
- 3.

1-3 concrete actions it would be wise to stop-

- 1.
- 2.
- 3.

Deep community:

Watering actions- 1-3 concrete actions that you can take to grow and nurture it.

- 1.
- 2.
- 3.

1-3 concrete actions it would be wise to stop-

- 1.
- 2.
- 3.

Vulnerability:

Watering actions- 1-3 concrete actions that you can take to grow and nurture it.

Groundedness Exercise

- 1.
- 2.
- 3.

1-3 concrete actions it would be wise to stop-

- 1.
- 2.
- 3.

Movement:

Watering actions- 1-3 concrete actions that you can take to grow and nurture it.

- 1.
- 2.
- 3.

1-3 concrete actions it would be wise to stop-

- 1.
- 2.
- 3.