

Practices for Field Guide to What Really Matters:

PRESENCE

Your Life Map:

On your “Life Journey Map” mark a time when you had exactly what you needed to get through an experience – when the stars seemed to align and everything worked out perfectly even though it didn’t seem possible.

(Mark with a ★) EXAMPLE: the synchronicity of meeting my husband the first time

Grounding Walk

1. Find a natural surface and stand barefoot. Take 3 deep breaths and feel your feet pressed into the ground.
2. Begin to walk slowly and focus on the earth beneath your feet.
3. Imagine any tension melting and flowing down through your feet and being absorbed by the earth.
4. To end the walk plant your feet firmly on the ground and take one more slow deep breath.

Reset Ritual

When life feels overwhelming, this 5-step ritual helps bring you back to center. Use it anytime, anywhere — no special tools or preparation needed.

The 5 Steps:

1. **Hand on Heart** – Remind your body you are safe and loved.
2. **Deep Breath with Long Exhale** – Calm the nervous system with a soothing breath.
3. **Look Up** – Gaze at the sky or ceiling to shift perspective.
4. **Say: Right now, I’m okay** – Ground your mind in present-moment safety.
5. **Think of One Gratitude** – Shift your energy gently toward peace.

Closing note:

You won’t be able to fix everything that is in disarray around you. But if you return to your center you can stay calm and creative as you navigate the challenges.

Breathwork:

Breathe in for 6 counts. As you exhale for 8 counts hum out loud. You can either hum a single note or hum a familiar tune that you find comforting. Humming stimulates your vagus nerve and increases relaxation. Repeat for 5-10 breaths.

Observation: 5-4-3-2-1 Practice

From your observation spot notice and write about the following:

5 things you can see

4 things you can feel

3 things you hear

2 things you smell

1 thing you taste

Journaling Prompts:

1. What thoughts tend to keep you stuck in the past?
2. When do you worry about the future?
3. Where in your life are you focused on doing rather than being in the moment?
4. When do you feel safe and what helps you feel calm inside?

