



Your Daily Practice

Episode 19

Get Grounded with Author & Executive Coach, Brad Stulberg

Have you been noticing your foundation has been shaken and you are a bit off? Do you desire to feel more connected to and fulfilled in your life? The practice of groundedness can root you into values based action in your life. Having a strong foundation can keep you functioning at your own peak performance. In today's daily practice, use three of the key grounding practices to reset your values based roots.

1. Pick an area of your life to slow down and practice patience in.
2. Practice present moment acceptance and openness to whatever shows up in life. When we are ungrounded, we may be projecting too much into the future or living in the past.
3. Engage in physical movement to connect you with your body, even better if you engage in physical movement in nature.