

# Grounding Practice

Reflection  
and reset  
exercises 



The A.I.M. for  
Effectiveness Accelerator®

# Grounding Practice : Reflection and reset exercises

This practice supports the **Integration** step in the A.I.M. for Effectiveness© journey. It helps you bring self-awareness into your body and behaviour — especially when emotions run high.

*This worksheet is a quiet space for **reconnecting** with yourself. Use it to reflect gently on your own patterns of safety, reactivity, and presence — and to **practise grounding** when life feels overwhelming.*

*This isn't about fixing anything. It's about building awareness, step by step.*

## Call to Reflection

*Here is your gentle invitation to pause and notice:*

- What does safety feel like in your body?

- When do you tend to shut down, go into fight, flight, freeze or appease?

- What might “Living Mode” look like in your current life?

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## The 5-4-3-2-1 Sensory Reset

This simple technique of grounding practice brings you back to the present moment by gently activating your senses. It's a powerful tool to use when you feel overwhelmed, anxious, or emotionally flooded — helping you return to a place of calm, clarity, and control.

Here's how to do it:

### 5 things you can see

Look around you and name five things you can see. Say them out loud, silently or jot them down here. They can be anything - a shadow on the wall, the shape of your hands, a pattern on the floor, a crack in the ceiling, a patch of light.

### 4 things you can touch

Tune into your sense of touch. Notice and name four things you can physically feel — the texture of your clothing, the chair beneath you, your hands clasped together, your feet on the floor. Take a moment to really feel each one.

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### 3 things you can hear

Let your attention move to sound. Listen for three different sounds around you — maybe distant traffic, birdsong, a ticking clock, or even the sound of your breath. You don't have to judge them, just notice.

### 2 things you can smell

Inhale gently and see if you can identify two smells. They might be strong or subtle — the scent of your skin, a cup of tea, something cooking nearby, or even the neutral smell of the air. If you can't smell anything, imagine a scent that brings you comfort or calm.

### 1 thing you can taste or imagine tasting

Bring your attention to your mouth. Notice any lingering taste, or imagine something you enjoy — a mint, chocolate, your favourite fruit or drink. Let the idea of it ground you.

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**To complete the practice:**

Press your feet gently into the ground. Feel the support beneath you.

Take a long, slow breath out.

Whisper to yourself (or think):

*“I am here. I am safe. I can choose.”*

This practice doesn't fight your survival responses — it acknowledges them and offers a kind, steady way to return to yourself. It reminds your nervous system that you are safe, present, and capable of making conscious choices.

Every time you pause to ground yourself like this, you're strengthening **Awareness** — the first step of the **A.I.M.** for Effectiveness© approach. You're learning to notice what's really going on, without judgement.

When you take what you've noticed and begin to respond with care and intention, you're practising **Integration** — the second step. This is where insight becomes action, and small changes start to take root.

And as you show up differently — with more steadiness, clarity, or kindness — you're stepping into **Modelling** — the third step. You're creating a new pattern, not just for yourself, but for those around you too.

**AIM©** isn't about getting it right all the time.  
It's about noticing, adjusting, and growing — one moment, one choice at a time.

You're already on the journey.  
Keep going — gently, and with purpose!

