

Find Your Strong Ground

A SHERAPY with SHERI TODD Reflection Workseet

“Strong ground isn’t about being unshakable. It’s about knowing how to come back to yourself when life rattles your roots.”

— Inspired by Brend Brown, *Strong Ground*



What Does Strong Ground Mean to You?

Write in your own words:



What Knocks You Off Balance?

Think about the emotions, people, or habits that shake your sense of peace.

♥ How Do You Return to Yourself?

List what helps you re-center when life gets messy.



Your Grounding Toolkit

Check the ones that help you reconnect— or add your own!

- ☐ Take a mindful walk
Listen to music that soothes your soul
- ☐ Deep-breathing or meditation
- ☐ Journaling
- ☐ Gratitude list
- ☐ Quiet cup of coffee
- ☐ Hug someone you love
- ☐ Dance it out
- ☐ Pray or reflect
- ☐ Other: _____



Always remember to embrace your voice.

Listen to the “*Strong Ground*” Five-Minute Breakdown episode on Apple-Podcasts or wherever you get your podcasts.

