



The Grounded Mind

# Toolkit and Resources

## Welcome to the Grounded Mind Collective

Welcome to The Grounded Mind Collective, where we strive to empower young adults and individuals to achieve greater clarity, focus, and intention in their daily lives through the integration of intentional mindfulness, personal development, and inspired discourse.

We believe that support networks and curated gatherings are crucial in the process of personal growth and development. When we work together in community with others, we can gain valuable perspectives and insights, as well as accountability and encouragement along our journey.

This manual will be divided into different sections, each one focusing on a specific topic. It will provide you with the tools, resources, tips, questions, bullet points, and strategies that you need to start your journey towards a more grounded and fulfilled life. This is a great resource for young adults and individuals looking to navigate the increasing stressors of every day life and uncover their passions and purpose.

Remember that this handout is not meant to be a one-size-fits-all solution, but rather a guide to help people on their journey towards gaining greater clarity, purpose and grounding in all areas of life. Everyone's learning style and preferences are different, so it's important to explore different resources and find what works best for each individual.

We encourage you to take your time with this handout, to be open to new ideas and perspectives, and to trust in the process. Remember that true change and progress take time and consistent effort, but with the tools and strategies provided in this handout, I have no doubt that a more grounded mindset will follow.

Best of luck on your journey and we look forward to supporting you along the way.

Stay grounded and touch grass!

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# The Grounded Mind

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# Benefits of Grounding and Intentional Mindfulness

Grounding and intentional mindfulness are powerful tools for achieving a more balanced and fulfilled life. Grounding refers to the act of connecting with the present moment and our physical surroundings, and intentionally bringing our awareness to the present, rather than dwelling in the past or worrying about the future. When we are grounded, we are better able to navigate our emotions, thoughts, and actions in a more intentional and effective way.

There are many benefits to grounding and intentional mindfulness, including:

- Improved mental and emotional well-being: By connecting with the present moment, we are able to reduce feelings of stress, anxiety, and depression.
- Increased focus and productivity: When we are grounded, we are better able to focus on the task at hand and are less easily distracted by external factors.
- Greater sense of connection and purpose: Grounding helps us to connect with our physical surroundings and to understand our place in the world. This can lead to a greater sense of connection and purpose in life.

## Energetic Synchronism

Energetic synchronism refers to the alignment of our physical, emotional, mental, and spiritual energy to achieve a state of balance and harmony. This concept is based on the belief that our energy and vibrations affect our physical and emotional well-being, and that by aligning our energy, we can improve our overall health and well-being.

The benefits of energetic synchronism include:

- Improved physical and emotional well-being: By aligning our energy, we can reduce feelings of stress, anxiety, and depression.
- Greater sense of balance and harmony: Energetic synchronism helps to balance and harmonize our physical, emotional, mental, and spiritual energy.
- Increased awareness and intuition: By aligning our energy, we can become more in tune with our intuition and inner guidance.



## Clearing and Focusing the Mind

Having a clear and focused mind can greatly enhance our ability to achieve our goals and live a more fulfilling life. Here are some ways to cultivate mental clarity and create a life vision:

1. **Meditation and Mindfulness:** Regular meditation and mindfulness practices can help us quiet the mind, bring greater focus and clarity, and provide a greater sense of peace and calm.
2. **Journaling:** Writing down your thoughts and feelings in a journal can be a powerful tool for gaining clarity and gaining a better understanding of yourself and your goals.
3. **Time in Nature:** Spending time in nature, whether it's taking a walk in the park or going for a hike, can help us gain a greater sense of perspective and clarity.
4. **Reflection:** Take time each day to reflect on your thoughts and feelings, and to think about what you truly want in life. This can help you gain clarity and make better decisions.
5. **Exercise:** Exercise is a great way to clear the mind and get your body moving. It can help you gain a greater sense of focus, clarity, and energy.
6. **Personal Growth:** Engaging in personal growth activities such as workshops, therapy, or coaching and mentoring can help you gain a greater understanding of yourself and what you truly want in life.
7. **Gratitude Practice:** Cultivating a daily gratitude practice can help you focus on the positives in life, and shift your focus from what you lack to what you have.
8. **Life Visioning:** Take the time to visualize and create a clear and inspiring life vision. This can help you focus on what you truly want in life and make better decisions.

By incorporating these tools and practices into your life, you can cultivate greater mental clarity and create a life vision that is aligned with your deepest desires and aspirations.

## Perspective and Gratitude

Maintaining a healthy perspective in life is critical for personal growth, emotional well-being and overall happiness. Having a perspective outlook allows us to see things objectively and handle challenges with grace and resilience.

Adding a sense of gratitude to this perspective outlook can lead to even greater benefits. Gratitude is an emotional state that cultivates an appreciation for the present moment and helps us to see the good in even the toughest situations. By incorporating gratitude into our perspective outlook, we become more aware of the abundance in our lives and can handle life's difficulties with a greater sense of positivity and hope.

Benefits of a perspective outlook with gratitude include:

1. **Increased emotional resilience:** A grateful perspective allows us to handle challenges with greater ease and bounce back more quickly from setbacks.
2. **Improved mental health:** Maintaining a grateful outlook has been shown to reduce symptoms of depression and anxiety, and promote overall well-being.



3. Stronger relationships: A grateful perspective leads to greater positivity and helps to cultivate stronger, more meaningful relationships with those around us.
4. Increased creativity: A grateful perspective allows us to see the world with fresh eyes, leading to new insights and increased creativity.
5. Greater sense of purpose: By focusing on what we have instead of what we lack, we are able to live a more meaningful and fulfilling life.

By prioritizing perspective and gratitude, we can cultivate a more positive outlook on life, handle difficulties with greater ease, and live a more fulfilling, meaningful life.

## **Techniques To Help Ground The Mind And Bring A Sense Of Calm And Balance To The Body:**

1. Begin by finding a comfortable seated position. Close your eyes and take a deep breath in through your nose and out through your mouth.
2. Bring your attention to the present moment. Notice the sensation of your breath as it enters and exits your body.
3. As you continue to focus on your breath, bring your awareness to your body. Starting at the top of your head, scan down through your body, noticing any areas of tension or discomfort.
4. As you identify these areas of tension, use deep breathing and visualization techniques to release them. Imagine the tension leaving your body as you exhale and imagine a sense of calm and balance entering your body as you inhale.
5. Next, imagine yourself rooted to the earth, like a tree with deep roots. Imagine that as you breathe, you are drawing in energy from the earth and that this energy is flowing through your body, grounding you and bringing a sense of balance and calm.
6. Bring your awareness to your surroundings, notice the sounds, the sensation of your clothes on your skin, the temperature.
7. Allow your mind to be present in this moment and release any thoughts or worries about the past or the future.
8. Keep focusing on your breath and the sensation of being grounded for a few more minutes.
9. When you are ready, slowly open your eyes. Take a moment to notice how you feel, and how your body is different from before the exercise.

Grounding yourself can be done at any time throughout the day, not just during this exercise. Take a moment to check in with yourself and your surroundings, focus on your breath and ground yourself whenever you need it.

Remember to keep practicing these techniques to help bring a sense of calm and balance to your mind and body.



## Active Steps To Grounding Oneself, Creating Mindful Intention, And Developing Energetic Synchronism:

- Begin each day with a grounding practice such as deep breathing, meditation, or yoga.
- Take regular breaks throughout the day to check in with yourself and your surroundings, focusing on your breath and grounding yourself as needed.
- Create a daily grounding routine that includes physical activities such as walking or exercise, and practices such as journaling or visualization.
- Take the time to understand your energy and the energy of your surroundings, and align them for greater harmony and balance.
- Use mindfulness techniques throughout the day to stay present and focused, such as single tasking, setting an intention before starting a task, and regularly checking in with yourself to stay on track.
- Use your intuition to sense and align with the energy of others, and use this understanding to improve communication and relationships with others.
- Reflect on your values, passions, strengths, and abilities and create goals that align with them.
- Incorporate mindfulness and grounding practices into your daily routine and make them a habit, it will allow you to stay grounded and focused, even in moments of stress.
- Regularly check in with yourself to re-evaluate your progress and make any necessary adjustments to your goals and actions.
- Practice gratitude and focus on the present moment, it will help you stay grounded and in flow with everything that comes your way.



# "The Grounded Mind: Gaining Clarity, Perspective, and Intentional Grounding"

## 1. **Gaining Clarity:**

- Take a moment to reflect on what is currently on your mind.
- Write down any thoughts, emotions, or physical sensations that you are experiencing.
- Identify any patterns or themes that seem to be recurring in your thoughts.

### **Questions to consider:**

- What is the root cause of the thoughts and emotions that I am experiencing?
- Are there any limiting beliefs that may be holding me back from achieving clarity?
- How can I change my perspective to gain a clearer understanding of the situation?

## 2. **Perspective:**

- Take a step back and consider the bigger picture.
- Reflect on how the situation you are currently experiencing fits into your overall life and goals.

### **Questions to consider:**

- What can I learn from this experience?
- How can I use this experience to grow and improve?
- How can I shift my perspective to gain a deeper understanding of the situation?

## 3. **Mind Focus:**

- Take a few deep breaths and focus on your breath
- Bring your awareness to the present moment.
- Let go of any distracting thoughts or emotions.

### **Questions to consider:**

- What is the most important task or goal that I need to focus on right now?
- How can I stay focused and avoid distractions?
- How can I use mindfulness techniques to stay present and focused?





#### **4. Intentional Grounding:**

- Take a moment to connect with your body.
- Identify any areas of tension or discomfort.
- Use deep breathing and visualization techniques to release any tension and bring a sense of calm and balance to your body.

##### **Questions to consider:**

- How can I use the power of my thoughts and intentions to ground myself?
- What are some physical activities or practices that can help me feel more grounded?
- How can I create a daily grounding routine to help me stay centered and focused?

#### **5. Energetic Synchronism:**

- Reflect on how your energy and state of mind affects the energy of those around you.
- Take a moment to align your energy with the energy of the people and environment around you.

##### **Questions to consider:**

- How can I use my energy to positively impact the energy of those around me?
- How can I align my energy with the energy of my environment for greater harmony and balance?
- How can I use my intuition to sense and align with the energy of others?

#### **6. Mindful Focus Exercises**

- Take a few minutes to focus on your breath and release any distracting thoughts.
- Practice body scan meditation to release tension and focus on the present moment.
- Set a timer for 10-15 minutes and focus on one task without any interruptions.
- Create a daily routine that includes at least 10 minutes of mindfulness practice.

By reflecting on these concepts and answering the questions provided, you will be able to ground yourself and gain a greater sense of clarity, perspective, and presence in your daily life. Remember to take time each day to reflect and practice these concepts to achieve a grounded mind and intentional focus.



# Worksheet: "Uncovering Your Purpose and Passions"

## 1. Reflecting on Your Values:

- Take a moment to reflect on your core values and the things that are most important to you.
- Write down a list of your top five values.

### *Questions to consider:*

- What do I stand for?
- What are the things that are most important to me in life?
- How do my values align with my current life and career choices?

## 2. Identifying Your Passions:

- Take a moment to reflect on the things that bring you joy and fulfillment.
- Write down a list of activities, hobbies, or interests that you are passionate about.

### *Questions to consider:*

- What do I enjoy doing in my free time?
- What activities bring me a sense of joy and fulfillment?
- How can I incorporate my passions into my daily life and career choices?

## 3. Understanding Your Strengths and Abilities:

- Take a moment to reflect on your natural abilities and strengths.
- Write down a list of your top five strengths and abilities.

### *Questions to consider:*

- What are my natural abilities and strengths?
- How can I use my strengths and abilities to make a positive impact in the world?
- How can I incorporate my strengths and abilities into my career choices?



#### 4. **Setting Goals and Action Steps:**

- Take a moment to reflect on the information you have gathered so far.
- Set specific, measurable, and achievable goals that align with your values, passions, strengths and abilities.
- Create a plan of action to achieve these goals.

#### ***Questions to consider:***

- What are my short-term and long-term goals?
- How can I use my values, passions, strengths, and abilities to achieve these goals?
- What action steps can I take to move closer towards achieving my goals?

#### 5. **Reflecting and Re-evaluating:**

- Take a moment to reflect on your progress and re-evaluate your goals and action steps.
- Make any necessary adjustments to your plan of action as necessary.

#### ***Questions to consider:***

- What have I accomplished so far?
- What have I learned about myself?
- What adjustments can I make to my goals and action steps to better align with my purpose and passions?

By reflecting on these concepts and answering the questions provided, you will be able to uncover your purpose and passions and set goals that align with them.

Clarity is a key element in understanding oneself, and by answering these questions, you can gain a greater understanding of what truly matters to you. Remember to revisit and re-evaluate your progress regularly, as our perspective and priorities can change over time.



## The Science behind “FLOW STATE”

Being in a state of flow refers to a psychological state where a person is completely absorbed in an activity and experiences a strong sense of enjoyment and focus. This state is characterized by a feeling of effortless action and a merging of action and awareness. When in a state of flow, individuals report feeling more productive and less anxious.

### Benefits of Being in a State of Flow:

- Increases creativity: The mind is freed from distractions and can focus fully on the task at hand, leading to more creative output.
- Improves problem-solving skills: The mind is better able to analyze and find solutions to complex issues.
- Boosts self-esteem and confidence: Individuals feel a sense of accomplishment and satisfaction from their achievements.
- Reduces stress levels and promotes relaxation: The body releases endorphins, leading to a greater sense of well-being and happiness.
- Improves cognitive functions: Increases the brain's ability to process and retain information, leading to improved memory and learning.
- Enhances overall well-being and happiness: The combination of these benefits can greatly enhance an individual's overall sense of well-being and happiness.

Being in “Flow” is often described as a kind of effortless effort. We feel like we’re propelled through the activity. Time seems to disappear. Intuition tends to get turned up. It refers to any of those moments of wrapped attention and total absorption. We’re all built to be able to achieve a state of flow which is based on *PEAK PERFORMANCE*.

The most basic trigger for flow state is *CONCENTRATION*. Flow only shows up when all the *ATTENTION IS FULLY PRESENT*. Not distracted by outside sources.

One way to explore *FLOW TRIGGERS* is a cluster of them that are predominantly *DOPAMINE TRIGGERS*. They Drive;

1. **FOCUS**
2. **ATTENTION**
3. **ALERTNESS**
4. **EXCITEMENT**

There are various ways to get dopamine. These include;

1. **NOVELTY**
2. **UNPREDICTABILITY**
3. **AWE**
4. **RISK TAKING**

Dopamine is responsible for driving **MOTIVATION**.

The brain is always in search of dopamine hits. Dopamine amplifies pattern recognition. The more dopamine, the more your brain is in search of the same pattern. This serves to drive motivation towards more dopamine.

From a motivation standpoint there are **5 *intrinsic motivators*** that are designed to be built into one another and work in a specific sequence. These are;

1. **CURIOSITY** - Curiosity is designed (biologically) to be built into passion.
2. **PASSION** - Passion often equates to a sense of purpose.
3. **PURPOSE** - once you have purpose the system demands autonomy.
4. **AUTONOMY** - allows you the freedom to pursue your purpose. Once you have the freedom the system wants the last of the big motivators which is mastery.
5. **MASTERY** - Mastery leads to *PEAK PERFORMANCE* and that's where the *MAGIC* happens.

Studies have shown that the people who score off the charts for overall well-being and satisfaction are the people with the most flow in their lives.

Basically *MOTIVATION* is what gets us into the game, *LEARNING* is what allows us to continue to play, *CREATIVITY* is how we steer and *FLOW*, which is our *PEAK PERFORMANCE* is how we amplify the results beyond all reasonable expectations.



## Tools For Stress and Anxiety

### Things you can do to help manage stress and anxiety:

1. Practice deep breathing exercises
2. Use progressive muscle relaxation
3. Focus on the present moment using mindfulness
4. Use positive self-talk to calm the mind
5. Engage in physical activity
6. Write down your thoughts and feelings
7. Practice visualization
8. Seek support from loved ones or a therapist

### Tools to manage stress and anxiety on a daily basis:

1. Regular exercise
2. Healthy diet
3. Good sleep habits
4. Mindfulness meditation
5. Journaling to process thoughts and emotions
6. Spending quality time with friends and/or your support system
7. Relaxation techniques like yoga.
8. Limiting caffeine and alcohol intake.

## Mindfulness and Breathing Techniques

### 1. Body scan meditation:

- Lie down comfortably on your back and close your eyes.
- Take a few deep breaths and allow your body to relax.
- Slowly scan your body from your toes to the top of your head, noticing any areas of tension or discomfort.
- Breathe into these areas and imagine the tension melting away.
- Repeat this process until you feel completely relaxed.

### 2. Loving-kindness meditation:

- Sit comfortably with your eyes closed.
- Think of someone you love and send them thoughts of love and compassion.
- Then, imagine yourself surrounded by love and compassion.



- Gradually extend this feeling to all people, including those you may not have positive feelings towards.
- Repeat the process, allowing the feelings of love and compassion to grow.

### 3. Mindful breathing:

- Find a quiet place to sit down and focus on your breath.
- Pay attention to the sensation of air moving in and out of your body.
- If your mind wanders, gently bring your focus back to your breath.
- Repeat for a few minutes, allowing your mind and body to relax.

### 4. Progressive muscle relaxation:

- Lie down or sit down in a comfortable position.
- Starting with your feet, tense the muscles for 5-10 seconds.
- Then, release the tension and allow the muscles to relax.
- Move up your body, tensing and relaxing each muscle group in turn.
- Repeat the process until you have tensed and relaxed all muscle groups.

### 5. Square breathing:

- Inhale for a count of four, hold for a count of four, exhale for a count of four, hold for a count of four.
- Repeat this pattern for several breaths, allowing yourself to fully focus on your breath.
- This simple breathing exercise can help reduce stress and improve focus.

Try incorporating these mindfulness techniques and breathing exercises into your daily routine to help improve mental clarity, reduce stress, and increase overall well-being.

***\*Practicing yoga is a great way to bring mindfulness into your body. Focus on your breath and movements, and try to be present in the moment as you practice. This has been scientifically proven to reduce stress and enhance overall wellbeing both mental and physical.***



## Practices of the One-Minute Mystic (By Derek Rydall)

- Before you get out of bed, take a minute to connect with your breath. Watch it breathing itself. If your mind kicks in, assure it you'll be with it shortly, then bring attention back to the breath. Instead of "Good God, it's morning!" try, "Good morning, God" Give thanks for everything in your life — including life itself — then put your feet on the floor.
- As you take your bath or shower, take a minute to become conscious of the water against your skin, the sensations, the sounds. Stay in your body, instead of drifting into the future, planning your day or fantasizing that you won that argument! As your body is cleansed, affirm that mental and emotional debris is being washed away as well.
- At breakfast, take a minute to smell the aromas, taste the food, and give thanks that it's fueling your body. For a longer contemplation, trace back the origins of your meal. Those eggs were delivered by a truck driver, stocked by a grocer, gathered on a farm. Someone fed the chicken, delivered the feed, harvested the grain, and planted the seed. Millions of people went in to making that breakfast possible — not to mention the animals, sun, rain, and the whole cosmic dance of the universe.
- In your car, when you reach a stop, take a minute to watch your breath, give thanks for the perfect harmony in the universe, and how it's reflected in the way the traffic lights and streets organize and order the chaos.
- At work, before beginning, take one minute to give thanks for your job, bless everyone there, everyone it touches on the planet, and intend this to be the most inspired day of your life. If you're 'unemployed,' give thanks for all the abilities you have, and the extra time for contemplation and connection with loved ones. If negativity arises, breathe, watch it, then focus on what you're grateful for. This cultivates a mindset of abundance.
- When you use the restroom, take a minute to give thanks for how your body eliminates what no longer serves — and affirm that your heart and mind are doing the same. If you're having physical problems, focus on a healthy area. Feel the well-being there, give thanks for it. This cultivates the inner conditions for greater health to emerge.
- Every hour or so, stop for one minute to check in, breathe, re-connect, give thanks for your life, and go back to work. This is the foundational practice of the One-Minute Mystic. If you do nothing else, this practice alone will have a significant impact.





- At night, if you watch TV, pause during commercials and re-connect. Market your own life-enhancing images to your mind, rather than letting someone else do it.
- As you fall asleep, affirm that your mind and body are renewed while you rest, and that you will awaken more inspired than ever before.

As you practice being a One-Minute Mystic, it might feel mechanical and require discipline. But after a while you'll notice yourself turning within to re-connect automatically — even with your eyes open, in the midst of conversation or activity.

The key is consistency. As you stop, for just a minute, several times throughout your busy schedule, you'll not only have more energy and creativity — you'll literally create new neuropathways that eventually allow you to feel centered, tapped in, and grounded.



# The Grounded Mind - Resources, Tools and Reading

## Online Resources:

- Headspace (Mindfulness and meditation app)
- Calm (Mindfulness and meditation app)
- Insight Timer (Meditation and mindfulness app)
- Smiling Mind (Free mindfulness and meditation program for all ages)
- The Chopra Center (Meditation, yoga, and wellness resources)
- Stop, Breathe & Think (meditation and mindfulness app)
- Ten Percent Happier (Meditation and mindfulness app)
- MyLife (Goal setting and personal development app)
- Fabulous (Life-planning and habit-forming app)
- Strides (Goal tracking and habit forming app)
- Coach.me (Goal tracking and habit forming app)

## Tools:

- Journaling
- Gratitude practice
- Yoga and exercise
- Time-blocking and single-tasking
- Mindful walking
- Chakra healing and energy alignment
- Vision board
- Affirmations
- Mind mapping
- Personality quizzes
- Life planning apps

## Books: (Audible Versions Recommended)

*(In no particular order)*

- "The Power of Now" by Eckhart Tolle
- "The Mindful Brain" by Daniel Siegel
- "The Alchemist" by Paulo Coelho
- "The Art of Possibility" by Rosamund Stone Zander and Benjamin Zander
- "The Serendipity Mindset" by Christian Busch
- "You Deserve This Shit" By Jordan Terver
- "The 7 Habits of Highly Effective People" by Stephen Covey



- "Daring Greatly" by Brené Brown
- "The Miracle of Mindfulness" by Thich Nhat Hanh
- "The Untethered Soul" by Michael A. Singer
- "The Four Agreements" by Don Miguel Ruiz
- "The Power of Intention" by Wayne W. Dyer
- "The Secret of the Shadow" by Debbie Ford
- "The Heart of the Soul" by Gary Zukav and Linda Francis
- "The War of Art" by Steven Pressfield
- "Designing Your Life" by Bill Burnett and Dave Evans
- "The Road Less Travelled" by M. Scott Peck
- "The Power of Positive Thinking" by Norman Vincent Peale
- "The Way of The Peaceful Warrior" by Dan Millman
- "A New Earth" by Eckhart Tolle
- "How To Change Your Mind" - by Michael Pollen
- "Autobiography of a Yogi" by Paramahansa Yogananda
- "The Code of the Extraordinary Mind" by Vishen Lakhiani
- "Silva Mind Control Method" by Jose Silva
- "The Inner Game of Tennis" by Timothy Gallway

### **TED Talks:**

- "The Power of Vulnerability" by Brené Brown
- "The Art of Stillness" by Pico Iyer
- "The Happy Secret to Better Work" by Shawn Achor
- "Your Body Language Shapes Who You Are" by Amy Cuddy
- "How to Make Stress Your Friend" by Kelly McGonigal
- "The Gift and Power of Emotional Courage" by Susan David
- "The Surprising Science of Happiness" by Dan Gilbert
- "The Science of Mindfulness" by Andy Puddicombe
- "Mindfulness and Self-Compassion" by Kristin Neff
- "The Power of Mindfulness in Daily Life" by Jon Kabat-Zinn
- "The Art of Living Purposefully" by Matt Killingsworth
- "The Mindful Revolution" by Ron Rupert
- "The Psychology of Time" by Philip Zimbardo
- "The Benefits of Being Present: Mindfulness and Its Role in Psychological Well-Being" by Ellen Langer
- "The Power of Emotional Intelligence" by Daniel Goleman



## Graduation Speeches:

- "Stay Hungry, Stay Foolish" by Steve Jobs (Stanford University 2005)
- "The Lessons of Life" by J.K. Rowling (Harvest College 2008)
- "You Are Not Special" by David McCullough Jr. (Wellesley High School 2012)
- "The Journey Is the Reward" by Steve Wozniak (University of Colorado Boulder 2000)
- "Never Stop Learning" by Maya Angelou (Smith College 1982)
- "The Pursuit of Excellence" by Barack Obama (Morehouse College 2013)
- "Commencement Speech" by Jim Carrey (Maharishi University of Management 2014)

**Personality quizzes** such as Myers-Briggs Type Indicator (MBTI) or Enneagram can be useful in understanding one's strengths, weaknesses, and how one interacts with the world.

**Life planning apps** like Fabulous, Strides, and Coach.me can assist with setting and achieving goals, and tracking progress towards them.

By combining these resources and tools, individuals can gain a deeper understanding of themselves and the world around them, and create a personalized plan for continued growth and self-improvement.

*We hope you have found this booklet useful. There are many more tools and therapy practices that will be incorporated within this platform, along with group sessions to help guide and support you along your journey. The Grounded Mind Community is here to serve you and to help you master-mind your life. By taking an active role in your personal development and engaging in the community, you are opening yourself up to new perspectives, opportunities and experiences that can positively impact every aspect of your life and the lives of those around you. We look forward to providing a life changing impact and support network that will serve you for years to come.*



## What Will Matter - A Poem By Michael Josephson

Ready or not, some day it will all come to an end.  
There will be no more sunrises, no minutes, hours or days.  
All the things you collected, whether treasured or forgotten will pass to someone else.  
Your wealth, fame and temporal power will shrivel to irrelevance.  
It will not matter what you owned or what you were owed.  
Your grudges, resentments, frustrations and jealousies will finally disappear.  
So too, your hopes, ambitions, plans and to do lists will expire.  
The wins and losses that once seemed so important will fade away.  
It won't matter where you came from or what side of the tracks you lived on at the end.  
It won't matter whether you were beautiful or brilliant.  
Even your gender and skin color will be irrelevant.

So what will matter? How will the value of your days be measured?

What will matter is not what you bought but what you built, not what you got but what you gave.

What will matter is not your success but your significance.

What will matter is not what you learned but what you taught.

What will matter is every act of integrity, compassion, courage, or sacrifice that enriched, empowered or encouraged others to emulate your example.

What will matter is not your competence but your character.

What will matter is not how many people you knew,  
but how many will feel a lasting loss when you're gone.

What will matter is not your memories, but the memories of those who loved you.

What will matter is how long you will be remembered, by whom and for what.

Living a life that matters doesn't happen by accident.

It's not a matter of circumstance but of choice.

*Choose to live a life that matters.*





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