

GROUNDING
Journal



Earthimama
The place where you come home to yourself

Introduction

Welcome to Your Grounding Journal.

I created this journal because I know what it's like to feel overwhelmed and to need a safe, comforting space, something that feels like a gentle hug when life gets tough.

This journal is here to be that for you.

Each day, you'll find simple prompts designed to help you ground your emotions, celebrate your wins, and nurture your self-love.

There's no right or wrong way to use this journal. You can write a lot, draw, or simply just be. The most important thing is to come back to yourself again and again, with kindness and compassion.

Use this journal as a daily comfort, a moment of self-care, or whenever you need to feel centered and calm.

Remember: you deserve this space and this time just for you.



YOUR SAFE SPACE

Come here when things feel like too much

SONGS THAT CALM ME

SCENTS THAT SOOTHE ME

PLACES WHERE I FEEL SAFE

TEXTURES THAT I LIKE

GROUNDING ACTIVITIES I LOVE

AFFIRMATIONS I LOVE

DOODLES

NOTES



YOUR SAFE SPACE



Daily grounding

SOMETHING I'M GRATEFUL FOR TODAY

SOMETHING I WILL DO FOR MYSELF TODAY

SOMETHING THAT MADE ME SMILE TODAY

SOMETHING THAT MADE ME FEEL LIKE ME TODAY

WHAT ARE THREE COLORS YOU NOTICE AROUND YOU RIGHT NOW?

DOODLES



YOUR SAFE SPACE



Daily grounding

SOMETHING I'M GRATEFUL FOR TODAY

SOMETHING I WILL DO FOR MYSELF TODAY

SOMETHING THAT MADE ME SMILE TODAY

SOMETHING THAT MADE ME FEEL LIKE ME TODAY

WHAT'S THE QUIETEST SOUND YOU CAN HEAR RIGHT NOW?

DOODLES

This is just the beginning of your journey...

You've taken the first step toward a more grounded,
mindful day.

Ready to commit to your daily calm?
Get the full 92-page keepsake journal delivered to your
door:

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Thank you for being here. You deserve this moment of
peace.