



THE GROUNDED
DECISION KIT



Hi love,

If you found your way here, chances are you're holding a lot. You're showing up, getting things done — but something underneath it all feels... off. Maybe it's fogginess. Maybe it's friction. Perhaps you just feel distant from yourself.

This guide is a gentle introduction. You don't need to figure everything out right now. You don't need to fix everything or have it all figured out before you can relax again. You need space. Space to check in. To get honest. To listen inward.

And from there — to choose one true, grounded next step.





In the pages ahead, you'll find:

-
- 
- A somatic check-in to help you drop back into your body
 - Reflective prompts to surface what's really going on
 - A gentle framework to help you move forward with clarity and care
-
- 

Take what serves you. Skip what doesn't. This is a reset, not a performance. Let's begin with where you are — and root from there.

Warmly,
Kemi



WHERE ARE YOU, REALLY?

A somatic check to bring you back to yourself

Take a moment to pause.

You've been holding a lot — mentally, emotionally, energetically.

Let's begin by checking in with the part of you that knows things your mind might not.

Step 1: Land in Your Body



Find a comfortable seat or place to stand. Gently soften your jaw, drop your shoulders, and feel your feet on the ground.

Close your eyes, or lower your gaze.

Take three slow breaths.

Let your exhale be longer than your inhale.

Let your body know: we're safe enough to feel.



WHERE ARE YOU, REALLY?

Step 2: Choose Your Current State

Circle or note which of these feels most true right now:

- Stuck
- Spinning
- Foggy
- Flat
- Holding it together
- Numb
- Hopeful
- Curious

Other: _____



There's no wrong answer. You're not here to be fixed – just to be honest



WHERE ARE YOU, REALLY?

Step 3: Scan + Sense

Without needing to fix anything,
gently notice in this moment, in your body:

- Where do I feel tension, pressure, or clenching?

- Where do I feel space, softness, or flow?

- Is there a part of your body that wants attention right now?



You can place a hand on that part of your body if it helps — say something to this part, whatever comes to mind.



LISTENING INWARD

Journaling prompts to surface your inner truth

Now that you've landed in your body, let's explore what's quietly waiting to be heard. You don't have to dig deep. Just get honest. Let your hand move without judgment.

Here are a few prompts to guide you:

- What feels off — even if I can't name exactly why?

- What am I pretending not to notice? What part of me has been loud lately? What part have I been ignoring?





LISTENING INWARD

- What have I been craving – emotionally, energetically, spiritually?

- If I didn't have to be productive or impressive, what would I admit?

**Take your time. Let each question breathe.
There's no pressure to answer them all.
Just see what rises.**





THE CLARITY PATHWAY

A gentle framework for choosing your next true step

Now that you've checked in and listened inward, you might be wondering:

“What do I actually do with this?”

You don't need a master plan – just a true step.

This simple framework helps you explore your options without rushing to fix,
figure out, or force clarity.





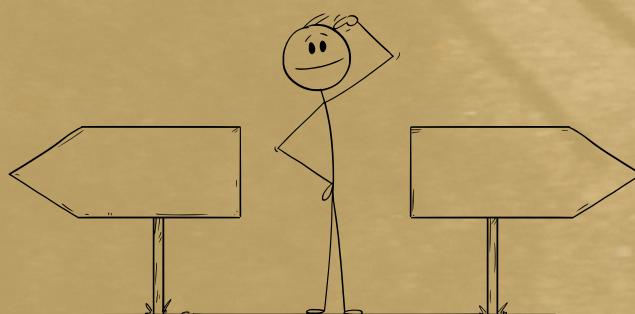
THE CLARITY PATHWAY



You don't need to choose perfectly – you just need to choose honestly.

Circle the one below that resonates most right now. Or let them sit with you a while.

There's power in pausing – but even more in pausing with intention.





THE CLARITY PATHWAY

Y Stay – but shift something

Maybe you don't need a whole new direction. Maybe you just need a tweak.

Ask yourself:

What could I shift (in rhythm, expectations, definitions) to feel more at home in this?

⟳ Shift – gently recalibrate

If something feels misaligned, it may be time for a soft pivot.

Ask yourself:

What truth have I been avoiding that's asking to be honored?
What's one small change that could create big relief?

⚡ Step back – release or pause

Sometimes, what you need isn't a new action, but space.

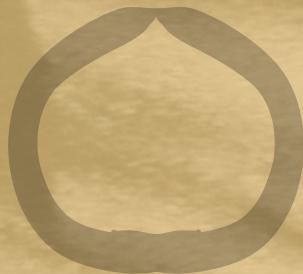
Ask yourself:

What am I holding that I can set down – even temporarily?

What would it mean to give myself permission to not know yet?



YOUR RESET STARTS HERE



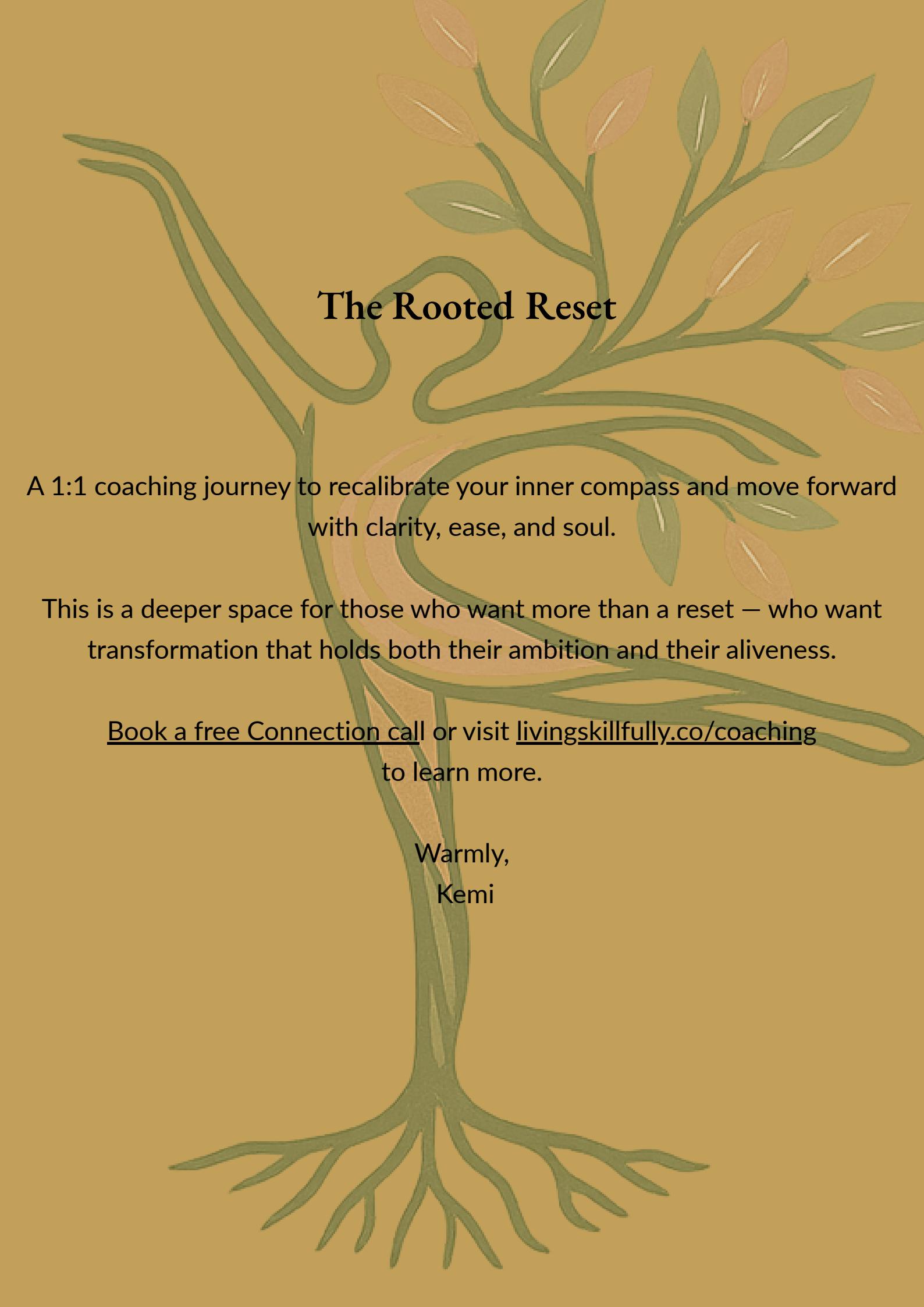
A gentle invitation to return to yourself again – and again.

You've just taken a pause – and that matters.

Maybe you uncovered something that surprised you. Maybe things still feel a little murky. Either way, this process isn't about a single breakthrough. It's about tending to yourself with honesty and consistency.

You're welcome to return to this practice anytime you need a soft place to land or a compass to help you choose. You don't have to do it perfectly. You just have to be willing to check in.

If you ever reach a point where clarity feels just out of reach – and you know you'd benefit from real-time, human support – I'd love to invite you to explore The Rooted Reset.



The Rooted Reset

A 1:1 coaching journey to recalibrate your inner compass and move forward with clarity, ease, and soul.

This is a deeper space for those who want more than a reset – who want transformation that holds both their ambition and their aliveness.

[Book a free Connection call](#) or visit livingskillfully.co/coaching to learn more.

Warmly,
Kemi



LIVING SKILLFULLY

CONTACT US

Youtube

Instagram: @living_skillfully
kemi@livingskillfully.co

www.livingskillfully.co

