



THE GROUNDED

DECISION KIT

A SIMPLE GUIDE TO PAUSE, RESET AND
MAKE CHOICES WITH CLARITY

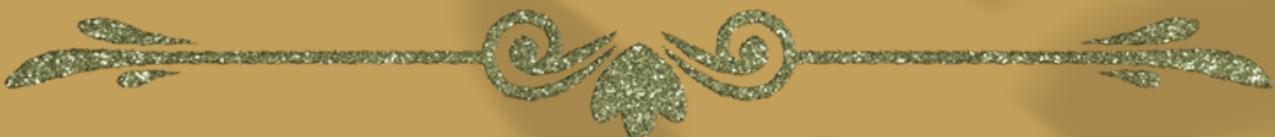


Welcome,

If you've found your way here, chances are you've been carrying a lot. You're showing up, meeting responsibilities, and moving things forward – but underneath it all, something feels off. Maybe it's a sense of fogginess, agitation, or simply out of touch with what matters to you - at work or in life.

This guide is designed as a reset. You don't need to solve everything at once or have it all figured out before you can take a breath. What you do need is space – space to pause, reflect honestly, and regain clarity and steadiness.

From that place of clarity, you'll be able to identify one grounded next step – a step that feels true and steady, not rushed or forced.





In the pages ahead, you'll find:

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- A simple body-based practice to bring you back to focus and to the present
 - Reflective prompts to help uncover the truths you might be overlooking
 - A grounded framework for making decisions you can trust
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Take what serves you and skip what doesn't. This isn't about performance — it's about creating a reset, starting from where you are.

Warmly,
Kemi



WHERE ARE YOU, REALLY?

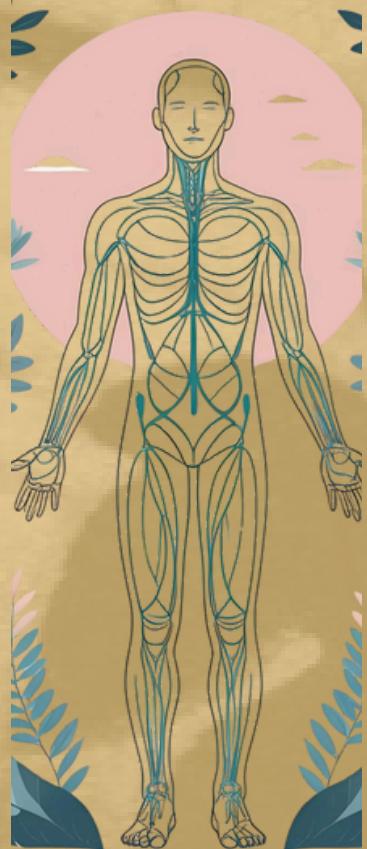
A body-based practice to reset and refocus.

Take a moment to pause.

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

Let's begin by checking in with the part of you that knows things your conscious 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: it's safe enough to slow down and notice what's here.



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 – pause and acknowledge this part, even silently, with a simple 'I hear you.'



LISTENING INWARD

Reflective prompts to clarify what's really going on.

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, mentally or physically?

- If I didn't have to perform or prove myself, what would I acknowledge?

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





THE CLARITY PATHWAY

A practical framework for choosing your next clear 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 one intentional step.

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





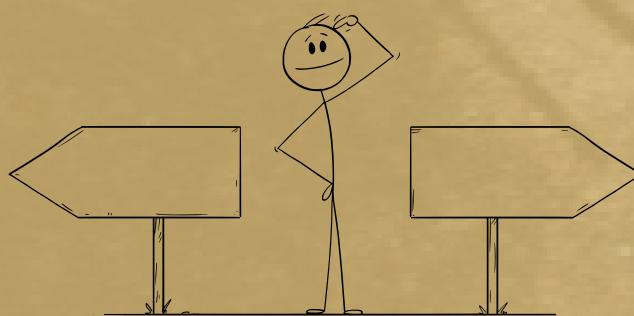
THE CLARITY PATHWAY



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 one thing

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?

Q Shift – gently recalibrate

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

Ask yourself:

What truth have I been avoiding that I need to face?
What's one small change that could create big relief?

🌿 Step back – Create space before deciding.

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

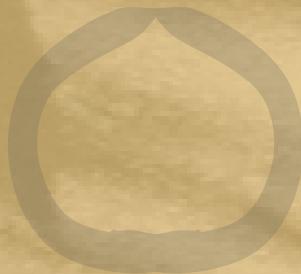
Ask yourself:

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

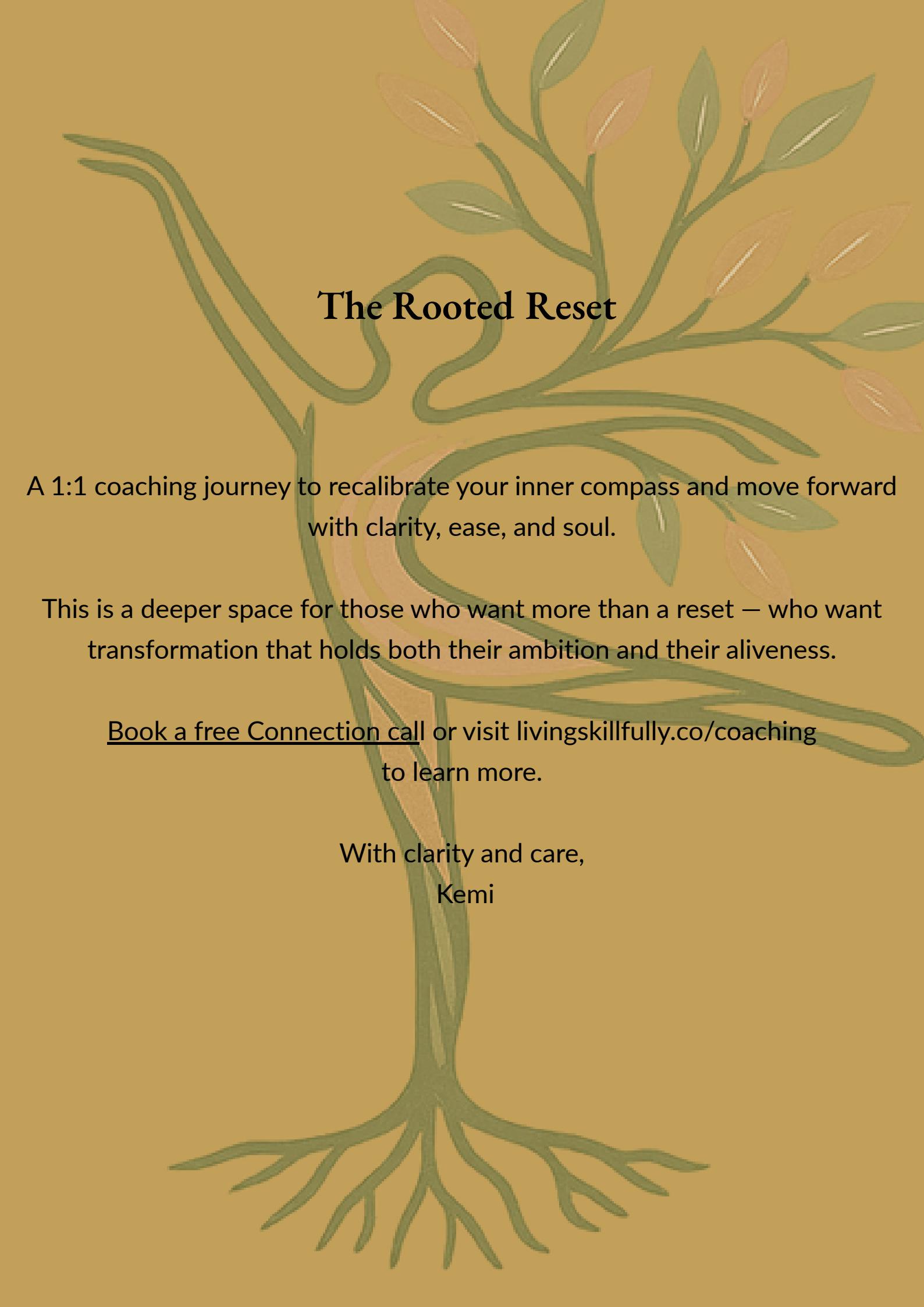


A gentle invitation to return to yourself again — and again.
You've just taken a pause — and that matters.

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 clarity feels just out of reach — and you'd benefit from real-time support — explore The Rooted Reset package.



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.

With clarity and care,
Kemi



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