

GROUNDED LEADERSHIP *Ritual*

A daily practice for clarity and calm



Dear Leader,

You don't need more productivity hacks. Instead, here's a ritual that becomes your ballast, an anchor in the daily tides.

This practice is here to hold you steady. To help you find your feet and return to your sacred ground, especially on the days you feel like things are spinning out of control.

And, you can do it in under 10 minutes or really stretch into it and journal to your heart's content!

Return to Self (2 mins)

Find your feet. Drop in. Come home.

One hand on heart, one on belly

Breathe in: *"I am full."*

Breathe out: *"I am grounded."*

Breathe in: *"I am rising."*

Breathe out: *"I am building something that matters."*

Gentle Check-In (2 mins)

What's true right now? Name it without fixing it.

- How am I arriving today: body, mind, mood?
- Is there anything I need to gently notice so it doesn't quietly run the show?

Jot down a few words, or just name them to yourself.

Reconnect to Vision (2 mins)

Come back to the bigger picture, your vision for how you want to show up.

"I'm not here to prove myself. I'm here to lead with clarity, courage and compassion. I'm here to show up as the leader I aspire to be. To create space for rest and recovery. To show up from my sacred ground."

Let yourself remember.

One Courageous Step Forward (2 mins)

What one thing will move the dial today without overextending you?

Ask:

- What would Grounded Me choose?
- What builds the future, not just the to-do list?

Pick one small, meaningful step forward. That's enough.

End with Elevation (2 mins)

Lift your energy gently. Ask:

- What do I want to feel more of today?
- What do I want to offer or embody as I move through my work?

Write it. Whisper it. Carry it.

"Today, I'll move with..." "Today, I'll lead from..."



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