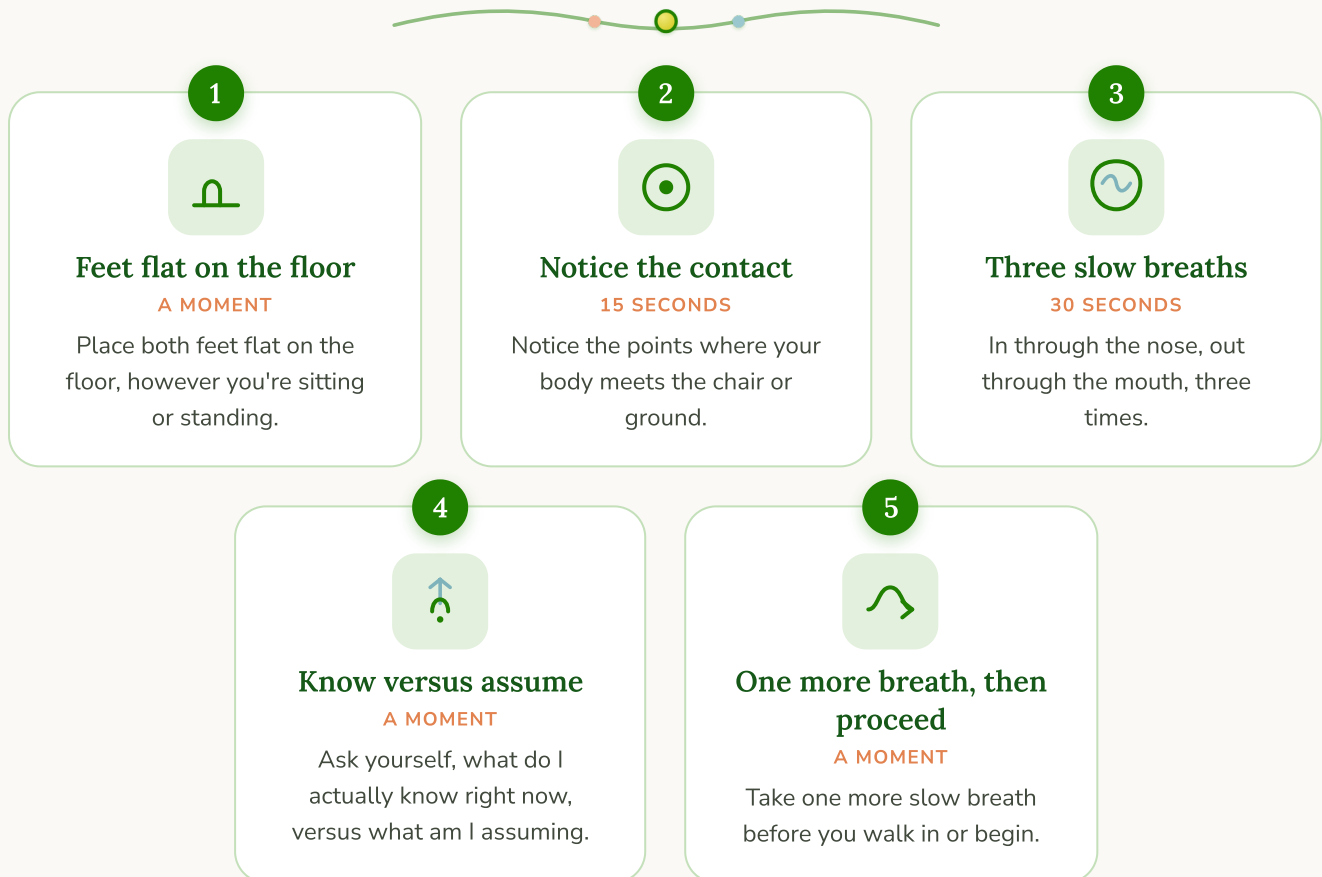


BEFORE IT MATTERS

Grounding before a big decision or difficult *meeting*

A grounding practice for moments that need a clear head rather than a rushed one, before something important.



WHEN TO USE IT

Before a big meeting, a negotiation, or any decision that deserves a steady mind rather than a reactive one.

WHY IT HELPS

Grounding physically tends to quiet the urgency that can cloud a decision, giving you a moment to actually think.

Feeling steady doesn't mean the decision becomes easy. It only becomes clearer.

— One breath at a time is enough. —

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