

# Grounding and Earthing Workbook 2

Activate your true potential today!



Freedom Learning - for everyone for life!

# Table Of Contents

Key Points	2
Exercises	3
Activities	4
Reflections	5
Action Plan	6

# Key Points

- **Daytime Grounding:**

- Barefoot walking on grass, sand, or soil
- Gardening with bare hands
- Beach shoreline walking
- Forest bathing (walking under trees)

- **Sleep Grounding Options:**

- Conductive grounding sheets or bedding
- Grounding mats under mattress or sheets
- Grounded pillowcases for head/neck contact

- **Setup Essentials:**

1. Verify product quality and conductivity
2. Connect to a grounded outlet or grounding rod
3. Ensure direct skin contact each night
4. Use consistently to experience benefits

- **Emerging Trends:**

- \$2.5 B minimalist footwear market (2020)
- \$460 B US outdoor recreation economy (2020)
- Grounding embraced by wellness industry

- **Notable Practitioners:**

Oprah Winfrey, LeBron James, Clint Eastwood

---

# Exercises

## 1. Barefoot Morning Ritual

- **Task:** After waking, stand barefoot on grass for 5 minutes.
- **Objective:** Notice changes in alertness and mood.

**What changes did you notice? I**


## 2. Garden Ground Break

- **Task:** Spend 10 minutes with bare hands in soil (planting/weeding).
- **Objective:** Observe shifts in stress or calm.

**My observations**


## 3. Sleep Grounding Trial

- **Task:** Use a grounding sheet or mat nightly for 7 days.
- **Objective:** Track sleep quality and morning stiffness in a journal.

# Activities

- **Grounding Log:** Create a table with columns for Date, Activity (barefoot/gardening/sheet), Duration, and Mood Before/After (scale 1–10).

Activity	Date	Mood scale
Barefoot		
Gardening		
Grounding sheet		

- **Surface Swap at Work:** Place a small mat of natural soil or grass under your desk. Spend 10 minutes barefoot and note any changes in afternoon energy.

## Notes


- **Visualization Moment:** After grounding, sit quietly for 2 minutes and visualize energy rising from the earth into your body; jot down any sensations.

## Notes


# Reflections

1. Which grounding method felt most impactful on your energy or stress?


2. After using grounding sheets, how did your sleep patterns shift?


3. What surprises did you encounter when comparing grounded vs. ungrounded days?


# Action Plan

1. **Select Methods:** Choose at least two grounding practices to integrate weekly.
  2. **Schedule:** Block 5–10 minutes daily for barefoot grounding (e.g., morning or lunch break).
  3. **Set Up Sleep Grounding:** Install grounding sheet or mat by next bedtime.
  4. **Monitor:** Keep the Grounding Log updated each day for two weeks.
  5. **Review:** At week's end, review logs, reflect on mood/sleep changes, and adjust frequency or methods.
-

## Final Summary

Grounding—whether through barefoot contact, gardening, or grounding bedding—offers accessible ways to tap into the Earth’s natural energy. Consistent daily practice and proper sleep grounding setup can reduce stress, improve sleep, and bolster well-being. By tracking your experience, reflecting on outcomes, and embedding these habits into your routine, you can harness grounding’s benefits and stay connected to the planet’s healing power.

**Good luck, and keep practicing !**

Inspiring Quote “Grounding is not merely a practice—it’s a daily reconnection to the Earth’s vitality.”