



Why Grounding Matters

In real estate, your nervous system is constantly in go-mode. Everything that goes into building your business can make it easy to lose your center. Grounding brings you back to calm, clarity, and confidence — even when time is tight.

Grounding Practices for Real Estate Agents

Reset. Recharge. Refocus . Even on your busiest days.

Grounding Menu: Choose What You Need

60 Seconds or Less

- **Box Breathing** – Inhale for 4, hold for 4, exhale for 4, hold for 4.
- **5-4-3-2-1 Scan** – Ground using your senses: 5 things you see, 4 touch, 3 hear, 2 smell, 1 taste.
- **Quick Physical Reset** – Drop your shoulders, unclench your jaw, take one full-body breath.

2–5 Minutes

- **Step Outside** – Even just standing on the porch or walking around your car between showings can calm your system. Breathe in fresh air, feel your feet on the ground, and look at the sky for 60 seconds.
- **Hydration Reset** – Drink water slowly. Hydration + being present = double win.
- **3 Wins** – Think of 3 things that have gone well so far today. Doesn't have to be big — just something that felt good, productive, or peaceful.

10+ Minutes (When Time Allows)

- **Movement Break** – Stretch your neck, shoulders, or legs.
- **Silent Walk (No Tech)** – Take a short walk without music, calls, or podcasts. Let your thoughts settle.
- **Journaling** – Ask: What am I feeling? What do I need?

Bonus Tips

- Keep water and snacks in your car for stable energy.
- Take 3 slow breaths before making tough calls or entering high-stress conversations.
- Build in 5-minute “reset windows” between appointments whenever possible — even just to sit in silence.
- Turn off notifications for a few hours each day (or use “Focus Mode”).