



*Grounded Presence*

# Sensory Journalling Guidebook

Pieces to Peace Healing & Education

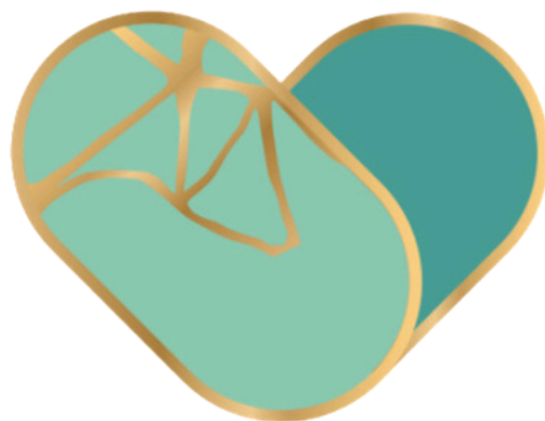


## How to Use This Booklet

This booklet is designed to be printed and written on, but you can also use the prompts in your favourite journal or notebook.

There's no need for long answers.  
You don't even have to write in full sentences.  
And you definitely don't need to worry about grammar or spelling.

These prompts are here to help you become more mindful, and gently guide you back to the present moment.



Before you start, circle the emoji that best matches your current level of stress or overwhelm:



Take a slow breath and notice where you feel that in your body.

Now, grab your notepad and pen, and let's explore the sensory journaling prompts together.

Where is my body tense? What happens when I just observe what's tense?

Where is my body relaxed?

What thoughts are in my mind?

What emotions am I feeling?

What images am I seeing in my mind's eye?

When I open up my field of vision, what can I see around me?

What can I feel or touch around me?

What can I smell? What smells do I like?

What sounds can I hear? What's the quietest sound I can hear?

From this space of present moment awareness,  
what insights come to me?

Now you've finished, circle the emoji that best reflects how you feel now:



What change, if any, did you notice? (e.g. breath, posture, thoughts, etc)

## Continue Your Practice

These prompts aren't a "one and done" exercise. Cultivating grounded presence comes from consistency over time - showing up for yourself in small, steady ways. Each time you choose presence, those tiny moments of peace begin to compound into lasting transformation.

You can use this sensory journaling practice on its own and if it feels supportive, keep building a presence habit with it.

Or, when you're ready to explore the deeper layers - rewriting old stories, healing emotional patterns, and connecting with your inner child - you'll find more about "The Elemental Alignment Method" in your emails soon.

Prompts Curated by  
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