

# Staying Grounded When the Ground Shifts

*Finding Balance, Resilience, and Purpose in Uncertain Times*

## Start Here: Declare a Focus Challenge

How has my ground shifted?  
What challenge am I facing?  
What negative emotions am I experiencing?



## How have I typically responded in the past when circumstances aren't in my control?

Think about your autopilot when life brings you the unwelcomed, unexpected, and unwanted turn of events.

## Underlying Saboteur Strengths

Use the space below to make notes of the saboteur strengths as they are discussed.

|                                                                                                           |                                                                                                       |                                                                                                             |
|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|  <b>Avoider</b>        |  <b>Controller</b> |  <b>Hyper-Achiever</b> |
|  <b>Restless</b>       |  <b>Stickler</b>   |  <b>Hyper-Rational</b> |
|  <b>Hyper-Vigilant</b> |  <b>Pleaser</b>    |  <b>Victim</b>         |

## Awareness is the beginning of choice.

What is the cost to me (relationships, performance, well-being) when I stay in autopilot, am hijacked, or am triggered?

## The Sage Perspective<sup>TM</sup>

What do I gain if I make the conscious choice to shift to the sage perspective?

|                                                                                                    |                                                                                                  |                                                                                                   |                                                                                                   |                                                                                                     |
|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
|  <b>Empathize</b> |  <b>Explore</b> |  <b>Innovate</b> |  <b>Navigate</b> |  <b>Activate</b> |
|                                                                                                    |                                                                                                  |                                                                                                   |                                                                                                   |                                                                                                     |

---

### Strengths Connection

What have you always been naturally good at since childhood?

What is so embedded in your DNA that you just can't help yourself from doing?

When you have a really good workday, what activities are you typically involved in?

What are you known for?

---

### Revisit Your Focus Challenge



Which of your strengths helps you stay calm and clear?

Which of your strengths gets hijacked under stress?

---

### Closing Exercise

What matters most right now?

What am I being asked to learn or release?

What is one small action I can take to stay grounded this week?



**Ellen Gray**  
**Unlimited Horizons**  
[www.ellengrayuh.com](http://www.ellengrayuh.com)  
[ellengray@verizon.net](mailto:ellengray@verizon.net)

“You can't stop the waves, but you can learn to surf.”