

A sunburst background with rays of light in shades of yellow and orange, radiating from the top center.

GRACE Practice

Quick Reference Guide

- **GROUND** your energy and become present to bring closure to the energy of the day or week, and get ready to confidently move forward.
- **RECOGNISE** all that you've done, achieved and consciously chosen not to do during the day or week, and savour your accomplishments so you can build on them.
- **APPRECIATE** yourself and take time to really honour who you are and how you've shown up in the world over the past day or week.
- **CALL BACK YOUR ENERGY** from external people, events or situations, so that you can move forward without letting the past influence your thoughts and decisions.
- **EMBODY** your truth, and become so full of your dreams and desires that you leave no room for other people's expectations and judgements.