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# THE JOURNEY INWARD

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Reconnecting With Our Inner Self

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## Grounding Exercises

### LET'S CATEGORIZE

Choose three or more of the categories below and then try to name as many items as you can in each. Spend as much time as you need to come up with the most possible items.

Movies	Cereals	Cars	Cities
Countries	Sports Teams	Fruits & Vegetables	TV Shows
Books	Colors	Animals	Famous People

You can also try naming items in a category in alphabetical order. EX: fruits & vegetables category, you might say "apple, banana, carrot," and so on.

### Bonus Categories

Flowers	Artists	Actors	Countries
Trees	Authors	Actresses	States
Nuts	Singers	Directors	Presidents