

Earthing Case Study & Journal

Name _____ Date _____

Case Study Experiment. Lets see if earthing or grounding can help you.

Top Three

List the top three problems you are having, physical. emotional or mental and how long you have been experiencing them.

1. _____
2. _____
3. _____

Efforts

What have you already tried to do to fix the problem if anything and how has that worked?

Get Grounded

Practice earthing or grounding for at least 20 minutes per day (more if possible) for at least 7 days. Record your progress.

	Date	Notes
1		
2		
3		
4		
5		
6		
7		

Final Thoughts:

Learn more at www.RebekahSage.com/Earthing