FOCUS FORWARD
COUNSELING AND CONSULTING, INC.

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GROUNDING GECKO

Return to the present

FOCUS FORWARD
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GROUNDING GECKO

YOUR SUPERPOWER

Return to the present when your mind feels overwhelmed.

PUT IT INTO ACTION

Notice 5 things you see, 4 you hear, 3 you feel, 2 you smell, 1 you taste.

LEVEL UP

Use this skill in a new place or when stress starts to build.

SCAN TO BOOK AN APPOINTMENT

www.focusforwardcc.com