

Find Your Anchors

**Allow your mind
to float back to
the most vivid or
first time you felt
blissfully alive**

What was the context?

.....
Pay attention to how it felt – the sensations, the emotions, and what happens in your body in the present – as you remember it

Describe how blissfully alive feels to you:

What additional occasions in your life have also inspired that felt experience?

1

.....
.....

2

.....
.....

3

.....
.....

Anything else important you want to capture?

.....
.....
.....
.....
.....

In your opinion, what are your top 3 towering strengths (qualities/abilities, not roles)

1

.....
.....

2

.....
.....

3

.....
.....

How do your strengths complicate your willingness to pursue choices and behave in ways that honor your anchors?

.....
.....
.....
.....