

Your What, Your Why + Your Anchor

List the outcomes you want to set in motion: This is your WHAT.

Ex. I want to sleep better. I want to live well-rested.

- 1.
- 2.
- 3.

What

do you want to have happen for your body, mind and/or spirit in the next 10 weeks?

List WHY you want the outcomes above.

Ex. I want to sleep better so that I can perform better at work. I want a promotion and a raise.

- 1.
- 2.
- 3.

Create Your Anchor Statement

Your anchor statement anchors your future potential in your present consciousness and in your emotional body.

ex. I rise and shine.

Write your anchor statement: