



Anchoring

Use this sheet to create your 'happy anchor' from Chapter Six.

DATE & TIME:

What is your favourite colour (not necessarily clothing)?

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What is your favourite food (anything)?

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What is your a favourite sound, such as birdsong, or the ocean, or a song or piece of music (something you hum along to)?

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Who is the person that you love to spend time with?

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What is your favourite smell or fragrance?

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Where do you love to be, or a place from your 'bucket list' you'd love to visit?

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I will call this 'happy anchor':

AFFIRMATION FOR THIS EXERCISE: