

# Know the Difference– *Anchor Activity*

LIFE IS FULL OF MEMORIES, EXPERIENCES, AND PEOPLE WHO HAVE SHAPED WHO WE ARE. THE ANCHOR SYMBOL SERVES AS A REMINDER TO PAUSE AND REFLECT: TO REMEMBER YOUR ROOTS SO YOU CAN RISE WITH INTENTION TODAY. BY ANCHORING YOURSELF IN THE QUALITIES, LESSONS, OR LOVE FROM YOUR PAST, YOU CAN BRING THEIR WISDOM INTO THE PRESENT AND ACT FROM A PLACE OF CLARITY.

## STEPS FOR PRACTICE

### 1. CHOOSE YOUR ANCHOR MEMORY OR PERSON

- IDENTIFY A PERSON, EXPERIENCE, OR SITUATION FROM YOUR PAST THAT SHAPED YOU POSITIVELY.

### 2. DRAW OR PLACE YOUR ANCHOR SYMBOL

- USE THE SPACE BELOW TO DRAW, COLOR, OR DESIGN YOUR ANCHOR AS A VISUAL REMINDER (A SMALL SYMBOL THAT WILL HELP YOU THINK OF THE MEMORY)

### 3. REFLECT ON THE QUALITIES YOU WANT TO CARRY FORWARD

- WHAT POSITIVE QUALITIES, LESSONS, OR LOVE DOES THIS MEMORY REPRESENT?

### 4. BRING IT INTO YOUR PRESENT MOMENT

- HOW CAN YOU EMBODY OR EXPRESS THAT QUALITY TODAY? CHOOSE ONE INTENTIONAL ACTION OR MINDSET ROOTED IN THAT MEMORY.

### 5. CLOSE WITH GRATITUDE

- TAKE A MOMENT TO HONOR THE PAST, APPRECIATE YOURSELF FOR REMEMBERING, AND COMMIT TO CARRYING IT FORWARD INTO YOUR DAY.