

# Finding Your Anchor

A printable reflection workbook for  
creating hope today, one emotional action  
at a time.



Welcome home. There is a seat for you here.

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**“An anchor does not prevent the wave. It  
prevents the drift.”**

# What do I reach for when life feels unsteady?

When life feels chaotic, what do I instinctively reach for? A person? A place? A habit? A prayer? A tool?

When life feels unsteady, I reach for...

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## Does it actually help? Or does it just distract?

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# Catch the Tea Leaves

Hope is not the absence of storms. It is knowing where to hold when the storm arrives.

- ☐ An anchor is anything that brings you back to yourself when life pulls you away.
- ☐ Personal anchors ground us in who we are.
- ☐ Community anchors remind us we are not alone.
- ☐ You do not need one perfect anchor. You need enough to hold in different seasons.

Which one stopped me?

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# Mapping my anchors

Name the things that hold you steady across different seasons.

My personal anchors (people, objects, practices):

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My community anchors (groups, places, people who understand):

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**Which anchor have I been neglecting?**

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**The anchor I am returning to today:**

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# Leave with a drop

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“Hope is not the absence of storms. It is knowing where to hold when the storm arrives.”

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One anchor I will strengthen this week:

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## A Letter Before You Leave

Dear Friend,

If you have been feeling unmoored lately, I want you to know that the anchor you need may already be closer than you think. It may be a person you have not called. A practice you set aside. A tool you forgot you built. A community you have been watching from the outside.

You do not have to find the perfect anchor before you can steady yourself. You simply need one that is real enough to hold when the next wave comes.

Look around. What is already here? What has already proven it can hold you? Return there.

You belong here. There is a seat for you at this table.

Keep creating HOPE. Keep brewing.

— The Brewmaster

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