

E003 Finding Your Anchor — Journal Pages

CHIA-TEA Journal Pages

E003: Finding Your Anchor

Page 1: Name Your Anchors

"Finding your anchor is a process that happens when you need help. It is finding a grounding technique, person, thought, tool, place, or practice that helps you move past the current situation without losing yourself."

 Today, I name my anchors:

A person who steadies me:

A practice that grounds me:

A place where I feel safe:

An object that reminds me to hold on:

A phrase that keeps me tethered:

Page 2: The Worry Shelf

"Ms. Fisher, you have to learn that worry has a place, and you should only dwell on it just in time." — Old Man Winter

 What am I carrying right now that doesn't belong to today?

 What is ONE thing I can actually address today?

 What am I putting on the shelf until it's time?

 How does it feel to set it down?

Page 3: The Human Anchor

"He believed in me until I could believe in myself again. That may have been one of the heaviest anchors anyone ever carried for me."

 Who has believed in me when I couldn't believe in myself?

 What did their belief give me that I couldn't give myself at the time?

 Who am I called to believe in right now?

 What would it look like to be someone's anchor today?

Page 4: One Drop of Hope

"Sometimes we do not need the whole answer. Sometimes we need the first drop of hope."

 What is one drop of hope I noticed today?

 What is one small step I can take right now?

 What blessing have I been overlooking?

 A note to myself for the hard days:

These pages are part of the CHIA-TEA Estate. Print them. Write in them. Keep them close. On the days you forget what steadies you, these pages remember.

Welcome Home. 🍷🌿

Airtable Table: Assets

Asset Type: Journal Pages

Linked Episode: E003

Status: Complete