

E003 Finding Your Anchor — Discussion Questions

E003 Discussion Questions

Episode: Finding Your Anchor

For: Group workshops, Tea Sipper circles, facilitator-led sessions

Questions

1. Karen says an anchor "does not stop the storm; it keeps you from drifting." What does that distinction mean to you personally?
2. What has been your strongest anchor during a difficult season? Was it a person, a practice, an object, or something else?
3. Old Man Winter taught Karen to "worry just in time." How much of what you worry about actually belongs to today? How much are you borrowing from tomorrow?
4. Karen lists anchors as people, things, thoughts, and practices. Which category do you rely on most? Which have you overlooked?
5. The episode suggests that the CHIA-TEA apps themselves serve as anchors. Have you ever used a digital tool as a genuine grounding practice? What made it work (or not)?
6. Karen asks: Who helps me? What gives me strength? When do I feel most grounded? Where can I take one small step? Answer each for yourself right now.
7. Is there someone in your life who "believed in you until you could believe in yourself"? How did that change you?
8. Karen says "doing nothing rarely moves us toward hope." Do you agree? Is there a difference between rest and doing nothing?
9. What would your "anchor inventory" look like if you wrote it today? Would it surprise you?
10. If you could give someone one anchor for a hard season, what would it be and why?

Airtable Table: Assets

Asset Type: Discussion Questions

Linked Episode: E003

Status: Complete