

3 Questions to keep you on track:

1. Am I listening to my body?

If not, goto Support exercises.

2. Am I doing the best thing for me to be doing right now?

If not, goto Navigating exercises.

3. Am I clear on what I'm doing right now?

If not, goto Anchoring exercises.



Setting Your Anchor

To become who you want to be in your biz and life, establishing an Identity as your Anchor serves to guide all of your decisions and actions.

Understanding that you may not currently be connected with your Identity you can use a placeholder until you are graced with that clarity. Until then, I suggest that you use the Anchor: calm, clear and confident.

For some mysterious reason, we humans seem to do a brilliant job at forgetting profound things like Anchors when faced with challenges in life (when we need them most). Thus, your job is two-fold:

- remember that you have an Anchor and what it feels like
- support yourself in staying anchored. (see Support Structure)

What is your Anchor (or Identity)? If unsure, you can use calm, clear, and confident.

What does your Anchor feel like?

What behaviors and characteristics do you embody when Anchored?

Life application

- When making significant decisions, check that you are anchored first.
- When setting goals and timelines, check that you are anchored first.
- When planning your week, check that you are anchored first.
- What other situations would you benefit from checking that you are anchored first?
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What did your favorite speakers share about Identity that resonated with you?

Suggestions:

- Help yourself remember this by making a Vision board (with magazines or on Pinterest).
- Talk about it with a certain friend weekly.
- Create a Remembering dance.



Structuring Your Support

The role of your support structures is to help you stay connected with your Anchor.

Since your Anchor represents your Soul's desires and values, it inherently includes your success. Thus, listening within and staying centered is a much more essential ingredient for success than you may have ever considered.

It's the reason you'll hear so many of the Speakers talk about putting self-care before all else. This is not a luxury.

They understand that the purpose of working is not to "be productive," it's to support you in who you are becoming. This in turn affects planning, prioritizing, how you structure your day, how you design your schedule, and so on.

The Speakers share a plethora of support ideas and hopefully, you already have ideas of what works for you.

The sections below reflect the types of supports that several Speakers rely on and recommend.

Declaration: "I commit to self-care."

Daily reminders to Pause and check-in.

Practice & space for contemplation / processing / self-awareness.

People and community supports.

What other support ideas did you hear that resonated with you?



The RAP Session

The Review & Planning (RAP) Session is a weekly practice that will take you anywhere from 30-60 minutes to do.

Sound like a lot? You'll save a Lot more than that throughout the week!

Lack of planning leaves you scrambling last-minute -- which both feels bad and keeps you from spending time on what's of heart-importance.

Plus you'll feel more calm and confident in knowing when your important work is getting done.

Brilliant trade off in my book.

Step 1

Connect with your Anchor (or Identity). This puts you in the right mindset for the rest of the prompts.

Step 2

Review your schedule. Get an overall feeling of the tone of the week. Scan for important dates, appointments and deadlines.

Step 3

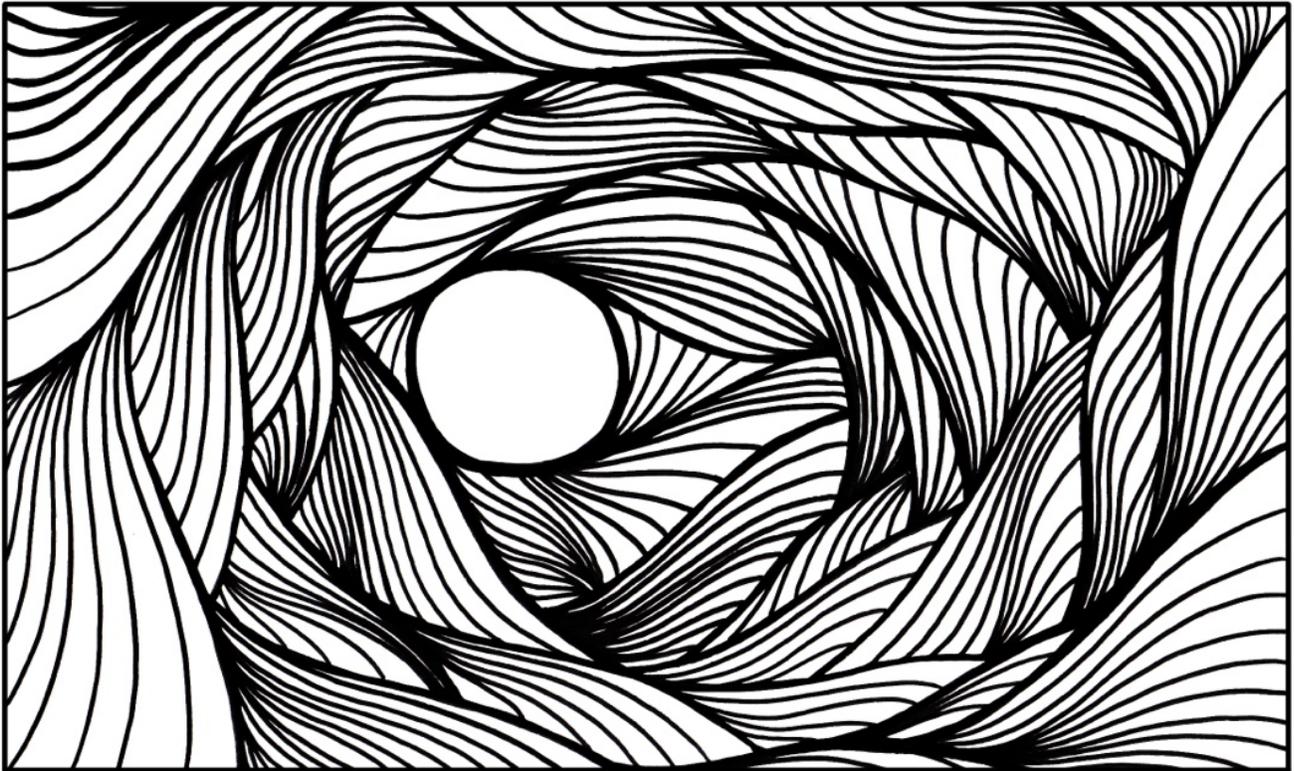
Assess priorities for the week.

Step 4

Assess MIWs (Most Important Work items). Schedule these as desired.

Step 5

Identify SNAs (Single Next Actions) for your MIWs.



We invite you to relax with some zenful coloring!

