

HOW TO SET AN ANCHOR

1

**IDENTIFY
HOW YOU
WANT TO
FEEL**

What's the most resourceful state you'd like to access?
For example: calm & confident; or motivated & focused...

Relax and let a memory surface of a situation where you were strongly in that resourceful state...

2

**REMEMBER A
TIME WHEN YOU
FELT LIKE THAT
(STRONGLY!)**

3

**CHOOSE A
PHYSICAL
ANCHOR**

Using your hands (e.g. gently rubbing a thumb or pressing your thumb & forefinger together) is usually the best for this because it's always with you and you won't look weird doing it in front of others.

Completely immerse yourself in the memory. Relive it through all of your senses.
When you feel the resourceful state is at its strongest, press your anchor.
Release as it subsides.

4

**IMMERSE
YOURSELF IN
THE MEMORY**

5

**TEST THE
ANCHOR &
REPEAT STEPS
IF NECESSARY**

Press your anchor and allow yourself to access the resourceful state. If it hasn't worked, or is weak, repeat step 4 until you can access it easily through your anchor whenever you need it.

If the anchor isn't working for you, it may be that the memory you've chosen isn't strong enough, or that this technique isn't the right one for your situation. In which case, just notice what you notice and try something else.

