FREE WORKSHEET

Anchor Statement Worksheet

Write down what you hope will remain true, whatever the outcome.

"The most effective Anchors rarely tell us what to gain. They remind us what we refuse to lose."

What is an Anchor?

An Anchor is a conscious agreement with your future self. It does not stop change. It gives you something steady to return to, so you can recognize meaningful change, create space for reflection, and choose a direction instead of simply drifting.

It does not need to be perfect. Write something honest enough that your future self will recognize it, and meaningful enough that your future self will listen to it. You can work through the steps in order, or start anywhere and come back.

Step 1: Core values

Circle or write the **five** values that resonate most deeply with you.

integrity	family	growth	courage	kindness	discipline
learning	faith	service	compassion	honesty	responsibility
wisdom	humility	curiosity	connection	your own:	

My five:

Step 2: Non-negotiables

Non-negotiables are not goals or outcomes. They are commitments.

What am I unwilling to sacrifice in pursuit of progress?

Which relationships matter most to me?

What behaviors would concern me if they changed significantly?

Step 3: Trusted Observers

A trusted observer is not a critic or a supervisor. They are an extra reference point: someone honest, respectful, and well-meaning who can mention what you may not see from the inside. One may be enough.

Who	Why I trust them	What I would want them to mention

Step 4: Letter to my future self

Imagine receiving a letter from yourself three years from now. What would that person hope you remembered, protected, or avoided? Finish these sentences. Keep it honest, not polished.

Today I am standing at the beginning of something new. I am beginning because...

The values I hope continue guiding my decisions are...

The qualities I never want to lose are...

If you are reading this years from now, I hope you remember...

Step 5: My Anchor Statement

Answer these, then pull your answers together into a short statement below. Some Anchors are a few sentences; others run several pages. Format does not matter.

I want my actions to reflect the values of...

The most important relationships in my life are...

The qualities I want to strengthen are...

The qualities I refuse to sacrifice are...

When faced with uncertainty, I want to remember...

My Anchor

Signed _____ Date _____ Read again on _____

Keep it where you will see it. Put your Anchor on a phone lock screen, a mirror, or the first page of a journal. Return to it when life gets busy, uncertain, or overwhelming, and review it when something big changes. You are not limited to one Anchor: different seasons may need different reminders.

This worksheet is for education and personal reflection. It is not medical, psychological, nutritional, or legal advice and does not replace professional care.