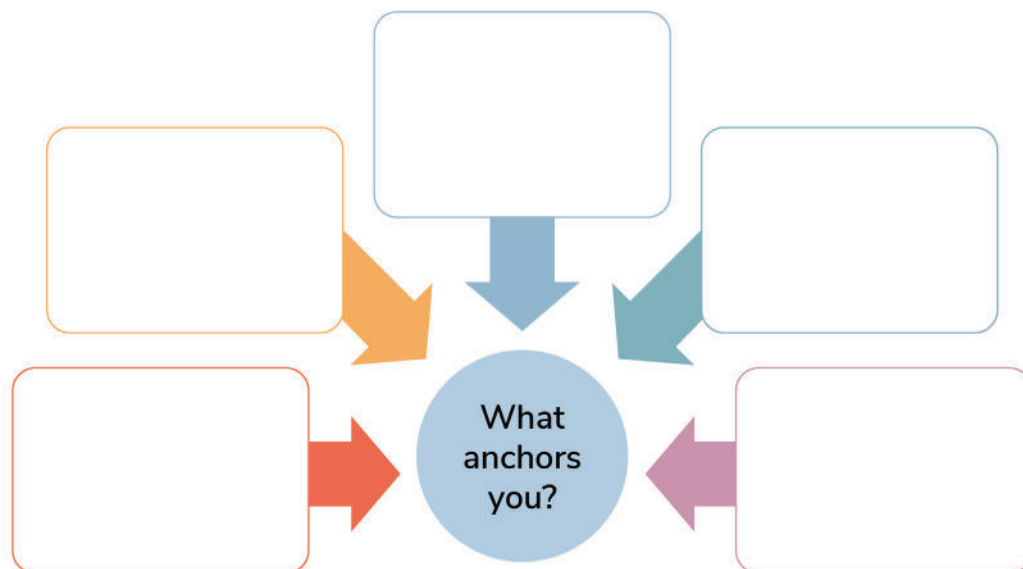
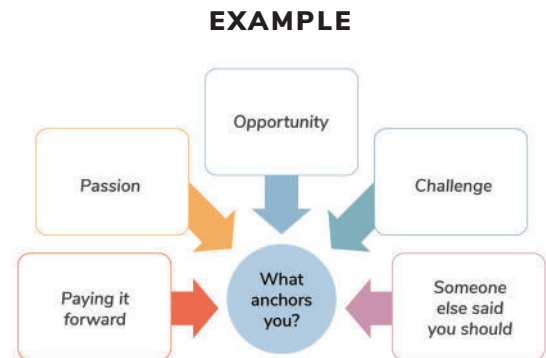


What Are Your Anchor Points?

For helpers and healers, anchor points are a key mechanism we can use to strengthen our compassion satisfaction through increasing our awareness and accessing our internal motivators and passions. Anchor points help us stay steady amidst challenges and rocky waters. Anchor points – like empathy, caring for our clients, and the values that undergird our work – are integral to this rich pool of grit, motivation, and meaning we can use to tap into resilience when we need it.

What contributed to your choice of working in a helping or healing role? What motivates and connects you to your passion for this work? These may be qualities, values, or important messages you carry and want to remember.

What qualities, values, or important messages anchor you in your work?



After you've filled in your anchor points, consider the following questions:

- Would you have identified these same reasons six months ago? Five years ago?
- When you imagine yourself five years down the road, what do you hope will still be an anchor point?