## **Instructions**

This template should be completed prior to the process of planning the path forward. The process of completing the *Anchors Inventory*, combined with coaching around the client’s anchors, will help to identify critical factors to consider in the planning process.

* Complete the *Anchors Inventory* (below). It is seeded with some of the most common anchors. If they apply to you, great. If not, no problem…just delete them. Don’t keep it on the list just because it is a part of your life. As an example, for some people their car is an anchor; the make, model, year, etc. gives them a certain sense of status. For others, it is just a car; they depend on it to get from Point A to Point B. The former would keep it on the list, the latter would delete it unless travel were a critical anchor to the specific change they were facing.
* Make the list your own. Briefly describe each anchor. Write down whether it will be carried forward as it is, the relationship with the anchor needs to be redefined, or the anchor needs to be let go.
* Identify any anchors that will help you to face into the change when the going gets really though. Include the term “sea anchor” in the description.
* Finally, if you are going to let an anchor go or change your relationship with it, briefly describe when and how you will undertake that change.

The table below includes a few examples.

| **Anchor** | **Description** | **Relationship (Same, Different, End)** | **High-Level Change Plan** | **I Give Myself Permission to…** |
| --- | --- | --- | --- | --- |
| *Example: Home* | *My apartment; my “nest”* | *Different; I will be spending more time here, and want it to feel less cluttered* | *I will declutter all aspects of the apartment; August 1 – August 30* | *Let go of things that no longer have meaning to me* |
| *Example: “Boys’ Night Out”* | *Our Thursday fraternity tradition ten years later* | *End; I want to conserve my energy and $s for other things* | *I will announce and buy a round of drinks/make a toast next Thursday* | *Identify specific men I want to continue with in a different way* |
| *Example: My religion, faith, or spiritual practice* | *My morning practice: daily meditation and prayers* | *Same:* ***This is a sea anchor for me****; it helps keep me grounded* |  | *Continue adjusting my meditation focus as needed* |
| My self (enter your name) |  |  |  |  |
| My family (you may want to call out different family members) |  |  |  |  |
| My friends (you may want to call out different friends, and/or different groups of friends) |  |  |  |  |
| My colleagues (you may want to call out different colleagues) |  |  |  |  |
| My job(s) |  |  |  |  |
| My recreational activities |  |  |  |  |
| My leisure time |  |  |  |  |
| My religion, faith, or spiritual practice |  |  |  |  |
| My pet(s) |  |  |  |  |
| My home |  |  |  |  |
| My vehicle |  |  |  |  |
| My money |  |  |  |  |
| My Insurance |  |  |  |  |
| My Health |  |  |  |  |
| My Exercise |  |  |  |  |
| My memberships |  |  |  |  |
| My subscriptions |  |  |  |  |
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