Finding Your Anchor Points

When the tides change, ground yourself in the habits that keep you strong.

Changes Keep Coming

As helpful as our routines can be for order and routine, it may feel like our whole life is up in the air.

We're trying to establish new habits andulist to-do lists, but everything seems to be ever-evolving, in a way that's hard to keep up with.

So how can we stay on top of all the changes? One way is to find anchor points.

What's an Anchor Point?

We've all seen that what used to be in order to be social distancing. The usual path is much more at home for the time being, and when we've changed our routine, we may find that things are not as they were before.

But what about things you're doing already? What things do you hope to accomplish?

Here are a few ways to protect time for your anchor points:

• Morning meditation
• Spiritual practice
• Regular exercise
• Meal prepping

Finding Your Anchor Points

One of the best ways of keeping your schedule up to date is to target your anchor points. Try to make a habit of doing something that you do daily. These rituals don't just make themselves happen on their own. You have to be proactive about making them happen.

Here are a few things you may want to let go of or replace.

• While we can't control what comes our way, even every now and then, things may not go as planned.
• And with so much changing in our lives, we're running into a series of interruptions to the routines we're trying to establish or have finally established.
• As the logistics of our realities continue to shift and evolve, it may feel like another curveball?

We all want to keep what anchors us in the midst of constant change.

While we can't always control what comes next, one thing we can control is what anchors us in the midst of constant change.

What Grounds You?

You may have noticed that some of your anchor points are... But if you need some helpful figuring out what they might be for you, here's a few thought starters.

Making Time

These rituals can't make themselves happen on their own. You have to plan how to accommodate these into your new or evolved schedule.

We're all aware of the benefits of regular exercise. It may seem like a no-brainer, but other rituals and habits can prove to be strong anchor points. Some habits that've formed haven't been the healthiest (one too many glasses of wine on a weekday, for instance). But other rituals and habits that've formed have been beneficial (taking an early walk, for instance). But other rituals and habits that've formed have been beneficial (taking an early walk, for instance).

There are no rules to the things that can break your routine or anchor points. This is just a list of the tips and tricks the writers here at Naturally Slim have found helpful with coming up with a plan that might work for you.

Are you ready to discover some of your anchor points? Take the time to discover what helps keep you centered and able to handle those big changes.

When you're ready, write down your plan. You can post it in NSTown if you have questions for your health coaches!

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(Or post in NSTown if you have questions for your health coaches!)