

ANCHOR

What anchors you?

ANCHOR

literal. A device for mooring a ship to the seabed, typically consisting of a heavy metal shank at one end, and attached at the other to a cable or chain, by which it is raised or lowered as required.

figurative. A person who or thing which provides stability, support, or confidence, esp. in an otherwise uncertain situation.

An anchor can serve a dual, sometimes contradictory purpose in our lives. It can help us by providing support and keeping us grounded in times of uncertainty. At other times it can weigh us down, keeping us in one place longer than necessary. Do you know what is your anchor? Is it helping you? Or harming you?

Instructions:

Answer each question honestly. Choose the option that feels most like you right now, not the one that sounds ideal. This isn't a personality test. It's a moment of pause.

1. When faced with a big decision, what's your first instinct?

- A) What's the most practical option here?
- B) What would align with my values?
- C) What will people expect me to do?
- D) What feels emotionally safe for me?

2. How do you feel about your current role at work?

- A) It defines me. I've built myself around it
- B) It feels comfortable but maybe a bit too familiar
- C) It's tiring to keep showing up as this version of me
- D) I'm evolving, but not sure how to bring that into work

3. What do you do when something no longer fits, but you've been attached to it for a long time?

- A) I stay—it's familiar and proven
- B) I rationalize it until it makes sense again
- C) I keep going, but quietly feel misaligned
- D) I try to let go, but it's hard emotionally

4. Which of these "anchors" do you rely on most during times of uncertainty?

- A) My routines and structure
- B) My values and principles
- C) Validation from others (feedback, recognition)
- D) Emotional connections with a few trusted people

5. What kind of support do you seek but rarely ask for?

- A) Help in navigating change
- B) Honest feedback about how I'm showing up
- C) Emotional support or someone to just listen
- D) A space to not be "the leader" for a while

6. Which statement hits closest to home?

- A) I think I've outgrown the thing I once felt most proud of
- B) I'm not sure if I'm aligned or just well-trained
- C) I give emotional support, but I rarely get it
- D) I used to think I had clarity now I just have questions

RESULTS:

Mostly A - Anchored in Structure - Your routines, discipline, and role clarity keep you steady and that's a strength. BUT ask yourself: Are you still choosing this structure, or is it choosing you? Growth may mean letting a little chaos in.

Mostly B - Anchored in Values (or so you think) - You see yourself as purpose-driven. Values-first.

BUT check in: Are you acting from alignment, or just what you've always believed is "right"? Growth may mean updating your values with your evolving self.

Mostly C - Anchored in Applause - You know how to read a room. You lead from what will land well.

BUT pause and reflect: Is this really who I am? Or is this who they want me to be? Growth may mean letting go of being liked in service of being real.

Mostly D - Anchored in Emotion - You value connection. You invest in relationships. You hold space for others.

BUT think about this: are you holding that same space for yourself? Growth may mean asking for, not just giving, emotional support.

Bonus Reflection Prompt:

Write this out or voice-note it:

This is what I think is anchoring me right now (where I am right now)

And this is what I want to move toward (where I need to be)

