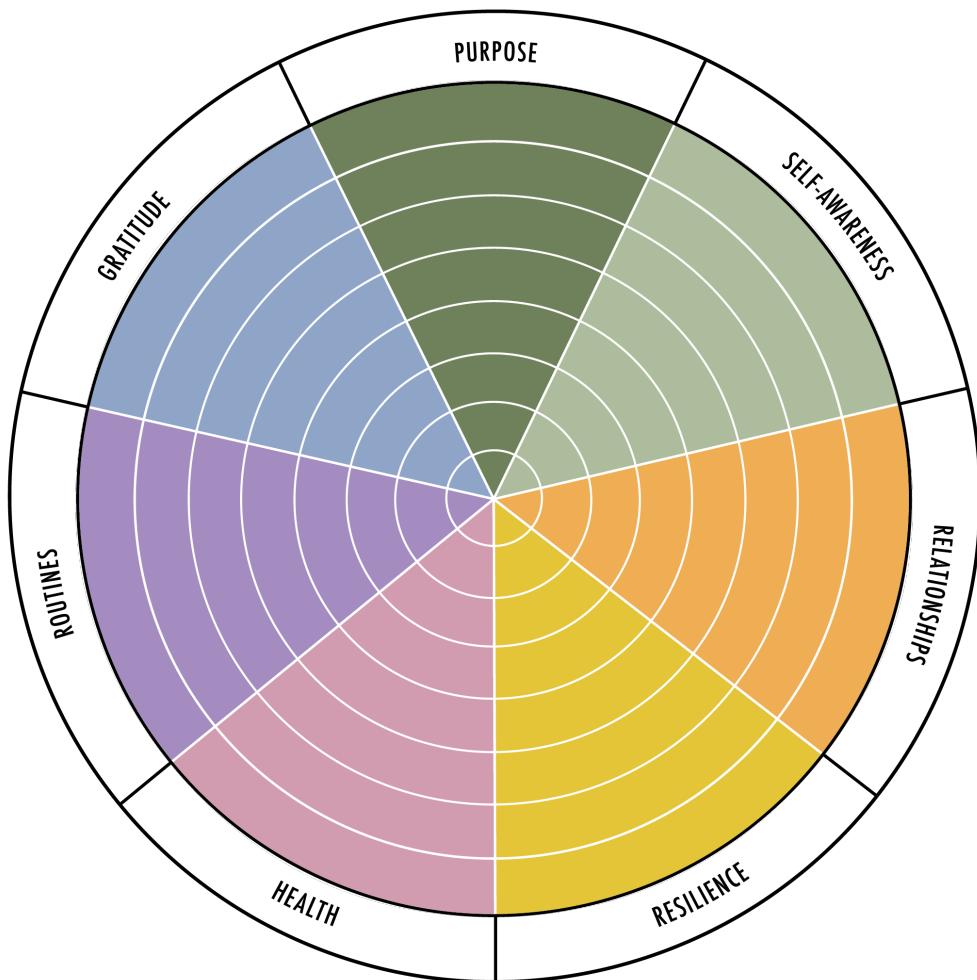


7-Anchors Inventory Self-Description

7-ANCHORS



Name:

Date:

7-Anchors Inventor Self-Description

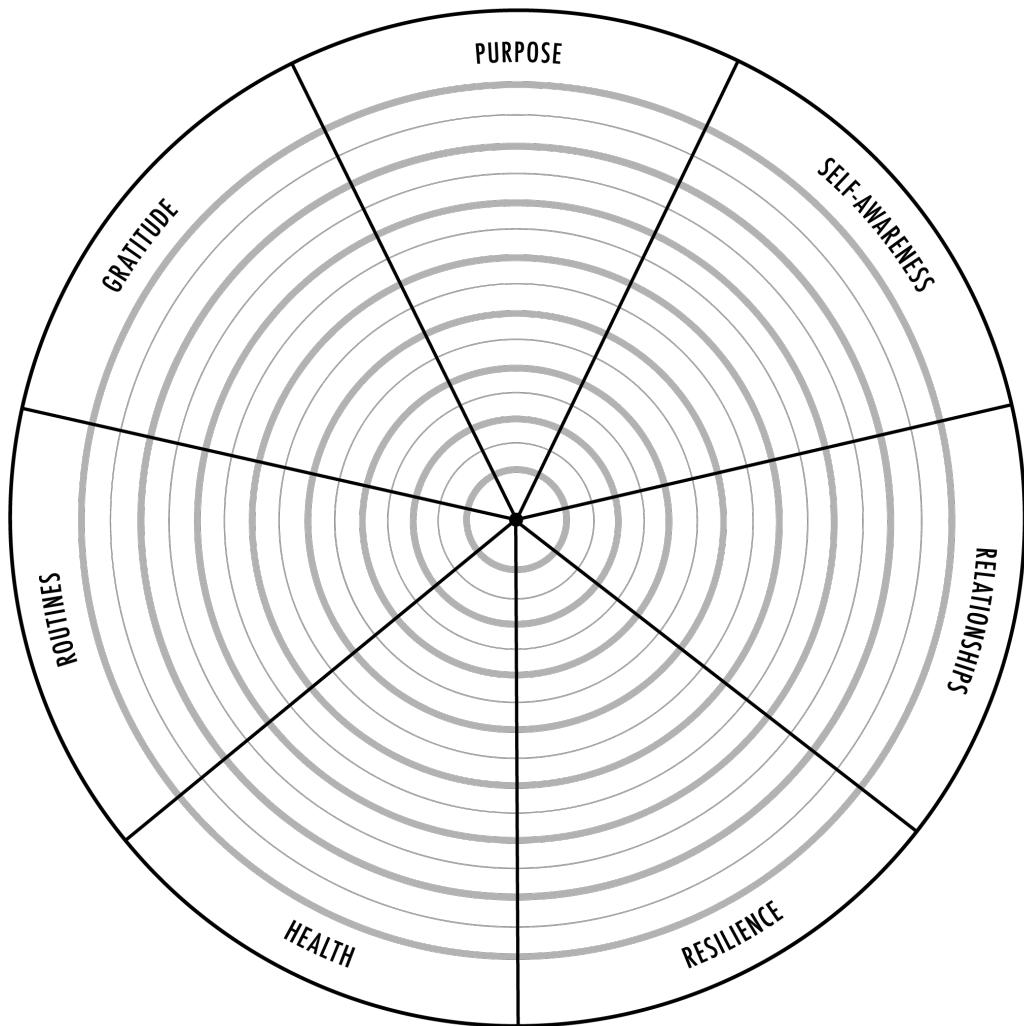
 Instructions: For each of the 7-Anchors give yourself a score out of 10, where 10, is true all of the time and 1 is never true for the following statements.

Self-Awareness	Routine
I have an excellent understanding of my strengths	I get the most out of each day
I have a clear sense of how I am feeling throughout the day	My day is planned
I have an excellent understanding of my weaknesses	I have balance in my day
I know when one of my 'hot buttons' is being pressed	I am aware of the habits that don't serve me well
I manage myself well at all times	I always focus on being more efficient
I have a clear understanding of my values	I have clear boundaries between work and outside work
I know why I think and behave the way I do	I am always doing what I am meant to be doing
I welcome feedback from others	I judge accurately how long something will take to do
Self-Awareness TOTAL	Routine TOTAL
Purpose	Gratitude
I understand my purpose in life	I have a very long list of things to be grateful for
In my day to day, I know what gives meaning to my life	When I'm going through difficulties, I always think of the good things that I have.
My decisions about what I do are always worthwhile	I am always grateful for the gifts and talents I have
People who I work closely with know my life's purpose	I always offer thanks and/or prayers for what I have received
I feel motivated to make the most of every day	Being grateful helps me navigate through difficulties
I make decisions so that I do not live with regret	I am grateful for the opportunity to contribute to finding better solutions
I have the courage to live out my life's purpose	I highly value the friendship and love I get from people close to me.
I have values and beliefs that help me know who I am	I always acknowledge my appreciation to others at work
Purpose TOTAL	Gratitude TOTAL
Relationships	Resilience
I like who I am	I persevere in tough times
I support and encourage myself	I call on my relationships for support when facing difficulties
My self-talk is positive and encouraging	I have full influence (control) over the significant outcomes in my life
I have trusted work relationships	I maintain a Growth Mindset at all times
I have a solid group of friends whom I am close to	I ensure I have a degree of challenge to enhance my life
There are a few work colleagues with whom I can truly be myself	I never doubt my self-worth
When I am going through difficulty, I always have one or two people who know	I always adopt a flexible attitude to change and challenges
I can have difficult conversations without negative repercussions	I actively incorporate activities to build my resilience
Relationships TOTAL	Resilience TOTAL
Health	
I have a good understanding of my health	Out of 80
Overall, I am physically fit and well	Purpose
I take good care of my physical health daily	Self-Awareness
I always make healthy food choices	Relationships
I always get a good night's sleep (between 7-9 hours)	Health
When I feel flat, I look after myself well	Routines
I use wellbeing strategies to keep my mind healthy	Gratitudes
I have balance in my day	Resilience
Health TOTAL	

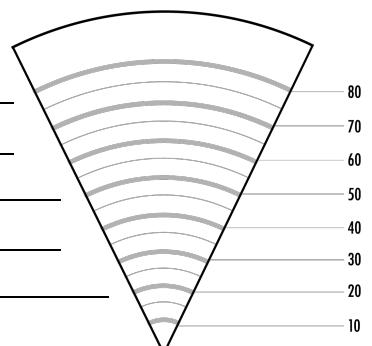


After adding up the score for each Anchor, out of a total of 80, mark each Anchor score on the circumplex to create your Anchor Self. See the Scoring Key below as a guide. Each ring is in increments of 5. The central grey ring is 10 and the outer grey ring is 80.

YOUR ANCHOR SELF



Notes:



Scoring key

