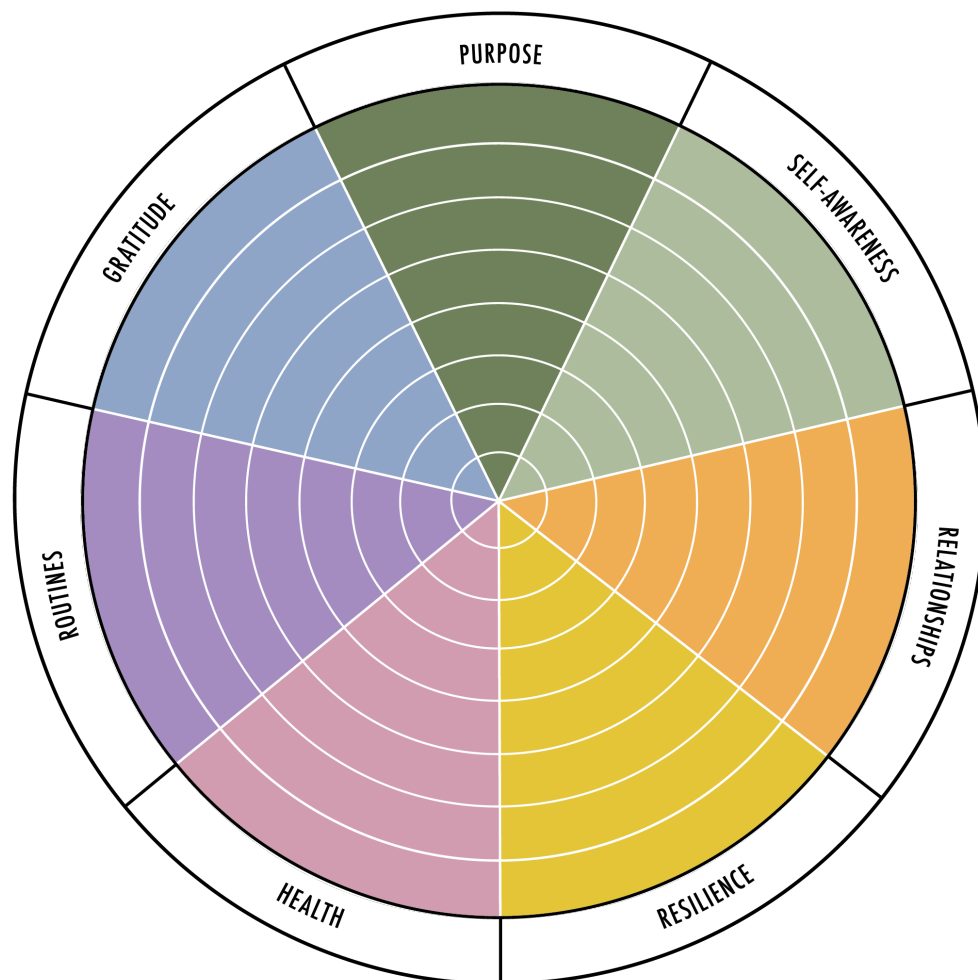


7-Anchors Inventory Self-Description

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	
I have an excellent understanding of my strengths	
I have a clear sense of how I am feeling throughout the day	
I have an excellent understanding of my weaknesses	
I know when one of my 'hot buttons' is being pressed	
I manage myself well at all times	
I have a clear understanding of my values	
I know why I think and behave the way I do	
I welcome feedback from others	
Self-Awareness TOTAL	
Purpose	
I understand my purpose in life	
In my day to day, I know what gives meaning to my life	
My decisions about what I do are always worthwhile	
People who I work closely with know my life's purpose	
I feel motivated to make the most of every day	
I make decisions so that I do not live with regret	
I have the courage to live out my life's purpose	
I have values and beliefs that help me know who I am	
Purpose TOTAL	
Relationships	
I like who I am	
I support and encourage myself	
My self-talk is positive and encouraging	
I have trusted work relationships	
I have a solid group of friends whom I am close to	
There are a few work colleagues with whom I can truly be myself	
When I am going through difficulty, I always have one or two people who know	
I can have difficult conversations without negative repercussions	
Relationships TOTAL	
Health	
I have a good understanding of my health	
Overall, I am physically fit and well	
I take good care of my physical health daily	
I always make healthy food choices	
I always get a good night's sleep (between 7-9 hours)	
When I feel flat, I look after myself well	
I use wellbeing strategies to keep my mind healthy	
I have balance in my day	
Health TOTAL	

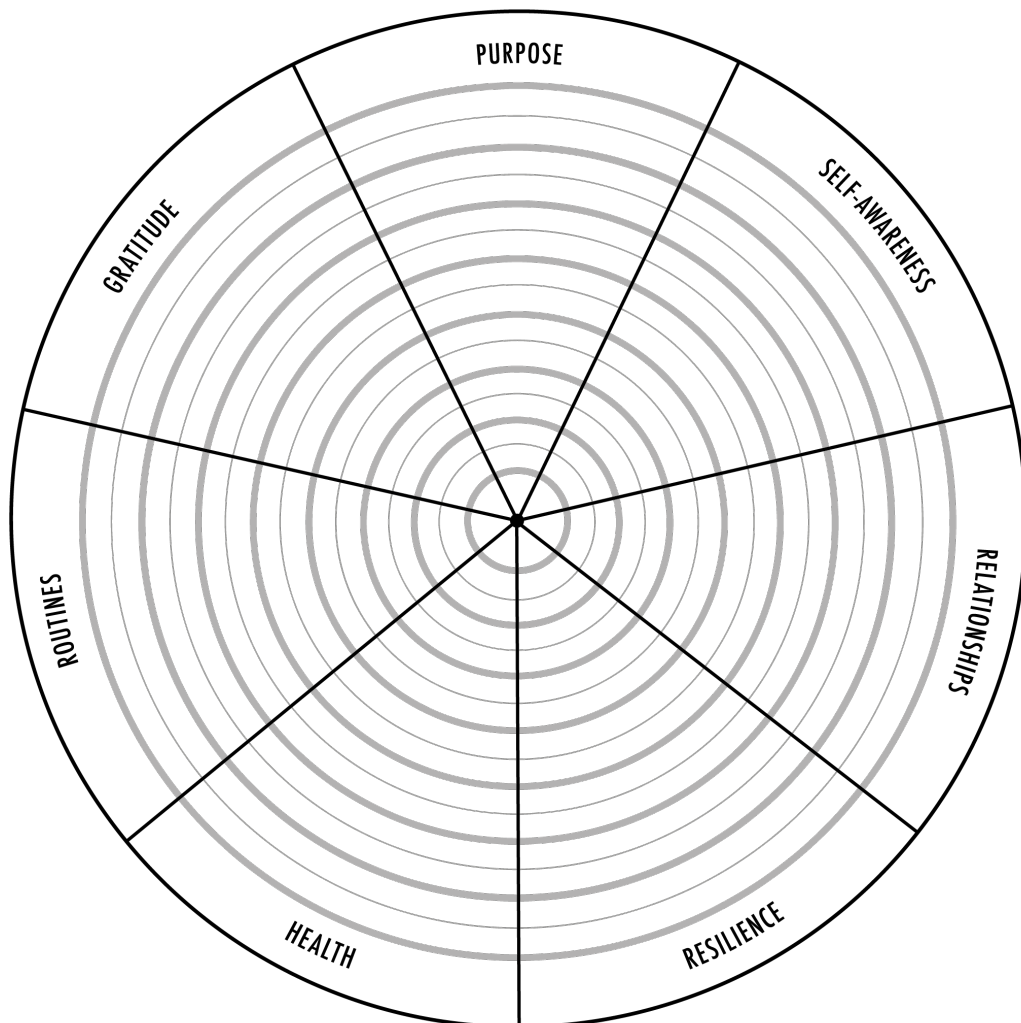
Routine	
I get the most out of each day	
My day is planned	
I have balance in my day	
I am aware of the habits that don't serve me well	
I always focus on being more efficient	
I have clear boundaries between work and outside work	
I am always doing what I am meant to be doing	
I judge accurately how long something will take to do	
Routine TOTAL	
Gratitude	
I have a very long list of things to be grateful for	
When I'm going through difficulties, I always think of the good things that I have.	
I am always grateful for the gifts and talents I have	
I always offer thanks and/or prayers for what I have received	
Being grateful helps me navigate through difficulties	
I am grateful for the opportunity to contribute to finding better solutions	
I highly value the friendship and love I get from people close to me.	
I always acknowledge my appreciation to others at work	
Gratitude TOTAL	
Resilience	
I persevere in tough times	
I call on my relationships for support when facing difficulties	
I have full influence (control) over the significant outcomes in my life	
I maintain a Growth Mindset at all times	
I ensure I have a degree of challenge to enhance my life	
I never doubt my self-worth	
I always adopt a flexible attitude to change and challenges	
I actively incorporate activities to build my resilience	
Resilience TOTAL	

	Out of 80
Purpose	
Self-Awareness	
Relationships	
Health	
Routines	
Gratitudes	
Resilience	

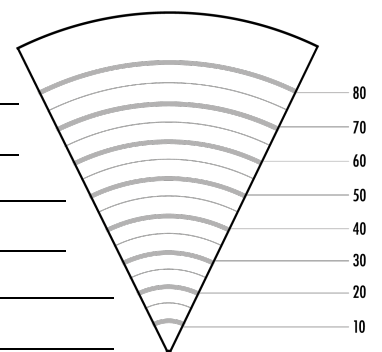


After adding up the score for each Anchor, out of a total of 80, mark each Anchor score on the circumplex to create your Anchor Self. See the Scoring Key below as a guide. Each ring is in increments of 5. The central grey ring is 10 and the outer grey ring is 80.

YOUR ANCHOR SELF



Notes:



Scoring key

