

**Your Training Assignment
And Personal Accountability**

Conquering Fear & Self-Doubt: Anchoring

Listen to this week's podcast describing the Anchoring technique.

To start this technique, find a time when you need to reinforce your self-confidence.

Pinpoint a time in your past when you did something similar and you did it well.

Use that as your anchoring situation for setting your state of mind.

What do you want to tell yourself?

Recall all of the 5 senses and what they were like at the time.

Challenge yourself to practice this and then select a situation where you can do it.

Lastly, as always, take some time to clear your head and set the intention for the week. For this upcoming week, my intention is:

(Could be a work-life balance intent, clarity in purpose, or personal effectiveness)

Reminder: Each module includes an audio podcast and a training template like this. Get into the habit of what works for holding yourself accountable to mentally focus on it. Be aware and comfortable with a pattern that works for you.