



*Dealing with*

**TANTRUMS,**

**TEMPERS,**

**&**

**MELTDOWNS**

*Consciously.*



# YOUR ANCHOR

## **A TEMPER CAN LEAVE US FEELING LOST AT SEA..**

You are a spiritual, energetic being, having this physical experience.

But when we are in the midst of an emotional storm we can feel ourselves lost and in need of an anchor.

In this lesson we are looking for what can serve you as an anchor to get you firmly back in place of heart centre.

Be it a thought, an action or something outside of yourself to focus on, I want you to start to find the things in your life that remind you of who you really are.



# YOUR ANCHOR TO YOURSELF

## FIND SOMETHING FOR EACH SECTION.

The thought that feels like an anchor to who I really am is....

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I The memory that serves as an anchor to myself is....

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I Something I can do to anchor me energetically and spiritually to myself is...

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The physical item (jewelry, picture, crystal, etc) That reminds me to anchor is ....

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How I feel when I find centre and anchor to that is....

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