



How to Set up Anchors/Reminders

Now that we have identified your motivating factors in the preliminary questionnaire I asked you to fill out upon signup, we want to create little reminders so you don't just forget about them between sessions. So, I want to do set up some anchors or reminders. Something physical in your environment that will remind you of WHY you're doing all of this - why you're making this effort, especially in the times where you don't feel like it, which over the next 6 weeks is bound to come up.

A lot of the progress is happening outside of our sessions, and unfortunately I won't be there every moment when you're making choices. These anchors will be like your accountability health coach in between our sessions. Little reminders to make conscious choices rather than defaulting to old behaviors.

So, I want to create some anchors with you which will be things in your physical environment that will remind you of why you're doing this. It could be a screensaver on your computer with an inspiring message, it could be a ring you wear, or notes around the house, one of your jewelry pieces, a song you sing, etc. So, what will happen is when you see it or hear it, it will remind you of your Big Motivating Factors.

And it can do two things. It can be a pattern interrupt, like stop you like a record scratch when you're tempted to make a choice which may not be in alignment with your outcomes here, or it can also just give you that influx of energy of like, "Oh yeah! I want to do X for myself!" So, it can help prevent us from making incongruent choices for ourselves, and it can also give us that little infusion of life like, 'Oh Yeah. I'm excited about making this good choice for myself in this moment!'