



PURPOSEFUL PROGRESS MINDSET™

3 Anchors Reflection Worksheet

Instructions:

Take your time with each section. This worksheet is meant to help you reconnect with what matters, ground yourself in self-compassion, and identify small actions that move you forward.

ANCHOR 1: Rooted in Self-Compassion & Clarity

Reflection:

- What am I currently navigating or struggling with?

- How have I been speaking to myself about this situation?

☐ Harsh ☐ Neutral ☐ Compassionate

- What would it look like to offer myself grace instead of pressure?

Clarity Check:

- What do I need right now more than anything else?

- ☐ Rest
- ☐ Direction
- ☐ Support
- ☐ Courage
- ☐ Perspective

Other: _____



ANCHOR 2: Aligned with My Purpose & Values

Reflection:

- What matters most to me in this season of life?

- Which values do I want my decisions to reflect right now?

- ☐ Integrity
- ☐ Growth
- ☐ Family
- ☐ Faith
- ☐ Impact
- ☐ Peace

- How does this situation connect to my larger purpose or calling?

ANCHOR 3: Small, Consistent Actions

Reflection:

- What is ONE small step I can take this week that aligns with my values?

- What usually gets in the way of consistency for me?

- How can I make this step realistic and sustainable?

Action Commitment:

- My small, purposeful action for the next 7 days is:

Closing Reflection

- What stood out to me most while completing this worksheet?
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- How do I want to feel as I continue moving forward?
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Reminder:

**Progress does not require perfection.
It requires alignment, compassion, and consistency.**

Let your purpose be stronger than your fears — and keep rising.