

# ANCHOR TOOL

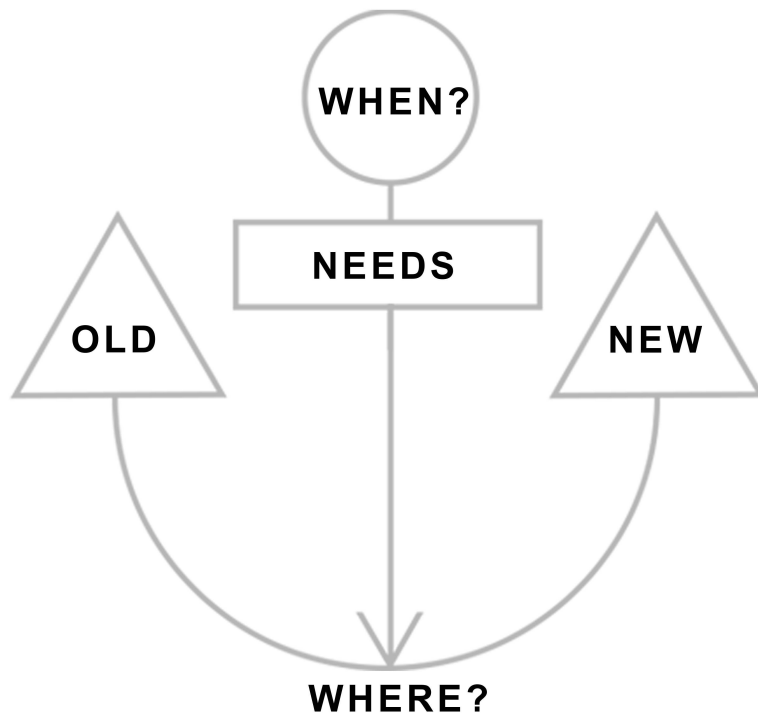


**THINK FC**

• Authentic • Connect • Trust

If you want to start a new habit or stop an old one have a play with our Anchor Tool.

**THINK** about the change you want to make. Do you want to **START** or **STOP** a habit? When you have decided, follow the steps.



## START

If you want to **START** a new habit you can **ANCHOR** it to an existing one...

**NEW** - What new behavior will you start?

**OLD** - What do you already do that you could link to your new behavior?

## STOP

If you want to **STOP** an old habit you can **REPLACE** it with a new one.

**OLD** - What old habit will you be stopping?

**NEW** - What new behavior will you replace it with?



**WHERE** will this change take place?

**NEEDS** - What do you need to start the new behavior?

**WHEN** will you start the new behavior?

It can be helpful to write down exactly **WHAT** you intend to do...



After I...

I will...

Instead of...

I will...

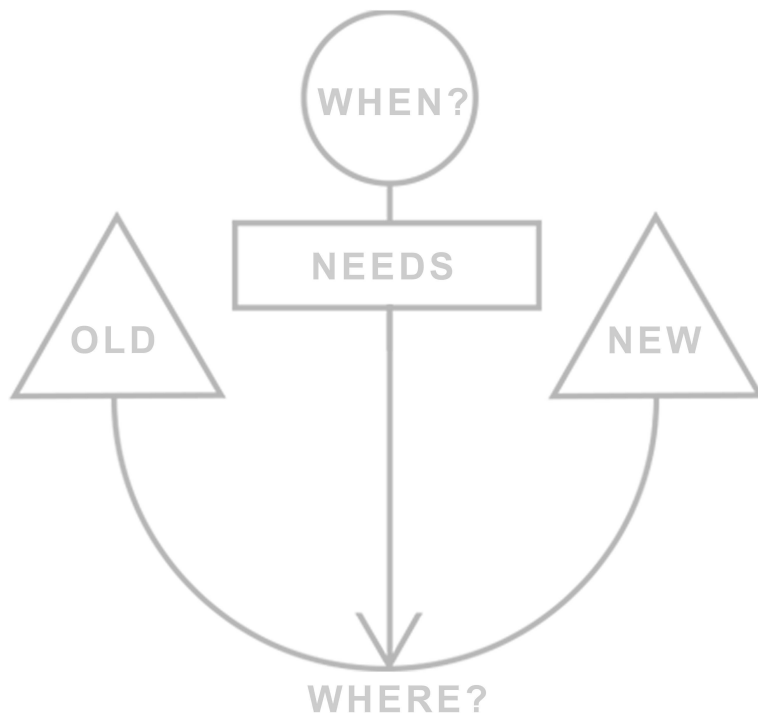
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Have a look at the examples. Then have a play with your **Anchor**.

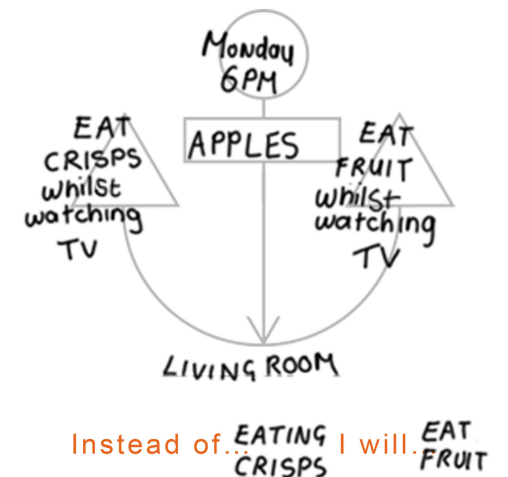


You can put the Anchor by the place you will be performing the new habit to help you remember.

Anchoring new habits to existing ones



Replacing old habits with new ones



## Make your own POP-OUT ANCHOR

You will need: -

A sheet of thin white card.

Access to a printer.

## How to make your POP-OUT ANCHOR

Who might you possibly ask to help you?

1. Print this page onto a sheet of thin white card.
2. Cut out the rectangular shape.
3. Cut around the BLACK DOTTED LINE
4. Fold along the centre GREY DOTTED LINE so that the anchor stands up.
5. Fold the GREY DOTTED LINES at the edges outward.

**CONGRATULATIONS!** You now have your POP-OUT ANCHOR wheel for use on the go.

You can fill in your anchor and place it somewhere you find helpful.

