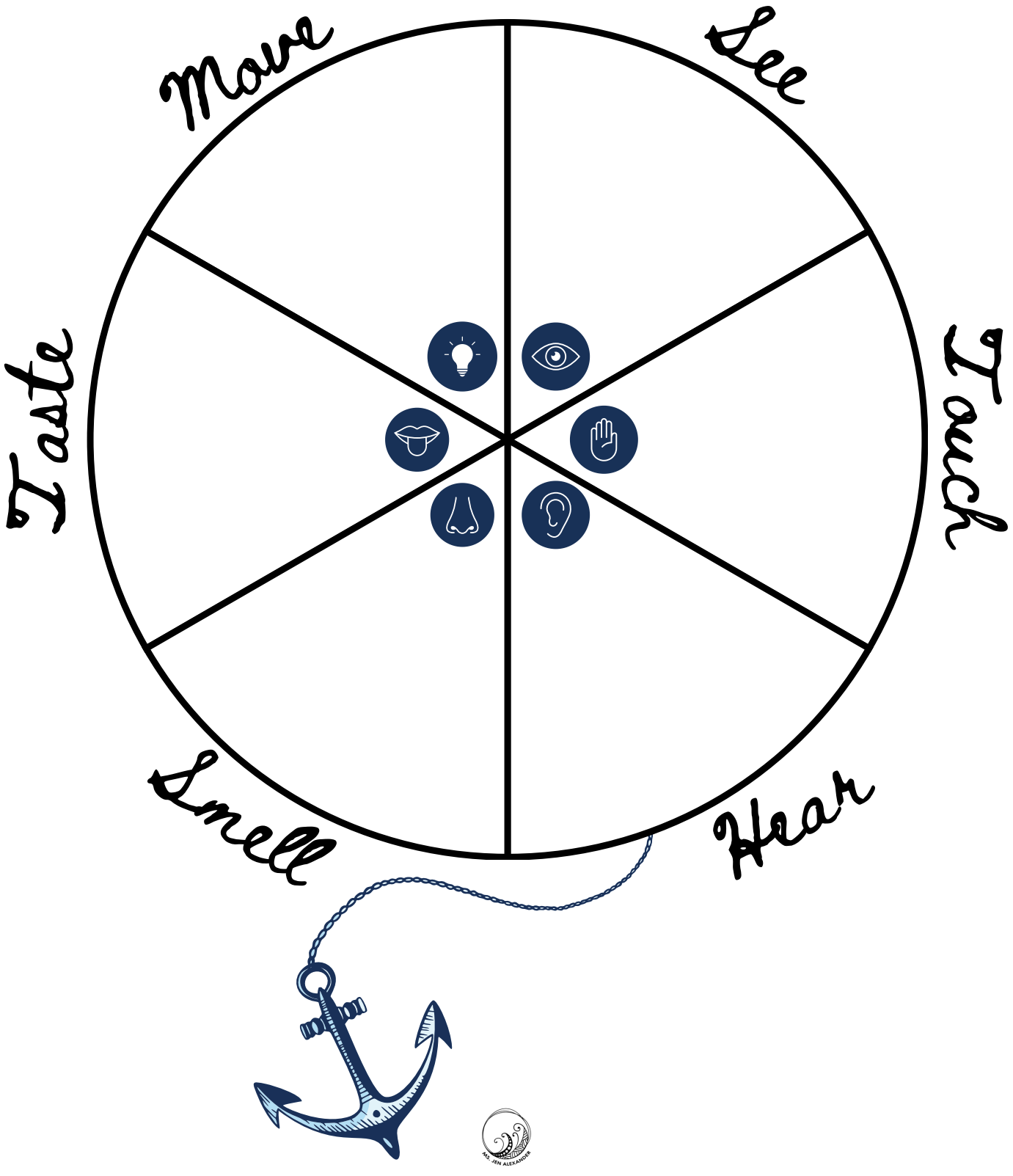
My Anchors

Write or draw your personal anchors; reference this chart as a reminder of what you can try when you need an anchor.



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