

## Attitude Anchor Worksheet

An attitude anchor is something that helps you anchor your attitude in a positive place. Use the worksheet below to identify some attitude anchors that can put you in a good mood.

<b>Maintenance Anchors</b> These are things in your daily life that can help you maintain a positive mood.	<b>Repair Anchors</b> These are things that can help you repair a bad mood and start feeling positive.