NOW Anchors

Carry it on you at *all times*. Hold it & repeat the phrase out loud: "NOW - Notice Only What-is"

There are three ways to create a NOW Anchor:

WAY #1



Find a real stone outside. Using a permanent marker - write the word NOW on it

WAY #2





Wrap 4 quarters together in tape On a small piece of paper - write the word NOW Tape the piece of paper around the quarters.

WAY #3

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Get an index card or a piece of paper Using a pen or marker - write the word NOW on it Fold it so that it will fit easily in your pocket

STRESS MASTERY: HOW TO AVOID BURNOUT