

# 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

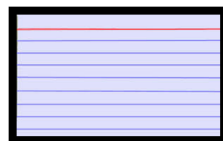


Wrap 4 quarters together in tape

On a small piece of paper - write the word NOW

Tape the piece of paper around the quarters.

## WAY #3



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