



3 foundational steps to start taking back Control

Get unstuck. Regain direction.
Start moving forward with
confidence.



Its your turn. Own it!

Nothing changes until you take Ownership.

Before you fix a habit, change a mindset, or build a new routine—you have to say:

☞ “This is my life, and I’m the one responsible for what happens next.”

This isn’t about blame—it’s about recognizing that you have more influence over your life than you might think. Taking ownership means choosing to show up for yourself, not just surviving or reacting to circumstances, but caring for your life with the same intentionality and responsibility you’d give to someone you love. When you begin to treat your decisions, well-being, and direction as your responsibility—not someone else’s burden or fault—you take the first real step toward transformation.

Where in your life are you waiting for someone or something else to change first?

Get Clear on What Matters

You can't move forward until you know where you're going.

Clarity doesn't mean having a 10-year plan—it just means knowing what actually matters to you. Not what the world expects. Not what others think success looks like.

What gives you peace?

What gives your day meaning?

What kind of person do you want to become?



Mini exercise

Circle 3 words that feel most important to you right now:
Security – Peace – Growth – Freedom – Joy – Purpose –
Impact – Strength – Simplicity – Love – Discipline – Faith

How do your current actions reflect (or not
reflect) those values?



Build Your Anchor

What's an Anchor?

An anchor is a small, intentional action you build into your day to create stability, clarity, and momentum—especially when life feels unpredictable.

It's not about strict routines or perfection. It's about choosing a simple, repeatable behavior—like waking up at the same time, journaling before bed, or enjoying your morning coffee without distraction—that helps you stay grounded and in control.

Anchors work because they blend psychological stability, philosophical intention, and—at times—even spiritual grounding. They remind you that you are not drifting. You are showing up, on purpose.

You don't need many. Just one done consistently can change everything.

Anchor Examples

1. A written daily intention or a to do list
2. A short walk without your phone
3. Waking up at the same time each day (foundational)
4. reading/journaling before bed each night
5. Drinking your morning coffee without distractions
6. Praying or other spiritual practice each morning

Your Daily Anchor In Action

This is where it starts to make an impact. don't think about this too hard. the first anchor is easy. wake up. timing is something you will adjust to, its only hard at first. if anything start with that. It is best to have a few anchors and at least one to start and one to end the day. Some people who have built discipline over time have anchors built naturally into their day and that is discipline. thats the goal.

Choose an anchor

Start with one daily action that you can return to no matter how chaotic your day gets.

Your anchor doesn't need to be impressive—it just needs to be consistent.

Pro Tip: Choose a time or trigger that already exists in your day—right after brushing your teeth, after your first cup of coffee, before bed, etc.

Wake up

Of all the anchors you can build, waking up at the same time each day is one of the most powerful.

Why? Because it starts your day with ownership. It reinforces self-discipline, improves sleep cycles, and gives you space to act intentionally—before the world places demands on you.

It doesn't matter if it's 5:30 AM or 8:00 AM. What matters is consistency.

My Anchor Commitment

- I will commit to the habit of: _____
- I will do it at: _____ (time) in _____ (location or setting)
- I will follow through daily for the next 7 days.





You Don't Have to Do This Alone

Taking back control starts with small actions—but it's a whole lot easier when you're not doing it in isolation. Sometimes, we know what to do... we just can't seem to do it. That's where coaching comes in—not as a fix-all, but as a space to be seen, supported, and challenged with honesty and clarity.

Whether you're navigating change, rebuilding discipline, or trying to realign your life with what truly matters, coaching can give you the structure and momentum to move forward with confidence.

If these foundational steps are already solid in your life, you're in a powerful place to move forward. If they're still a little shaky — that's okay. That's why I'm here.

👉 **Book a free clarity call and let's get you grounded.**

Reach Out Today