**Fortifying Your Anchors in Advocacy**

1. What is your anchor?
2. Is your anchor strong?
3. Is your anchor solid?
4. Is your anchor secure?
5. Is your anchor redundant?
6. How do you strengthen your anchor?
7. Strengths exercise (top five strengths)? How do you use them in your advocacy work?
8. Top values? How do they relate to your advocacy work?
9. What are you grateful for?
10. What do you do to practice self-care?