We all have different beautiful anchors in life, places, music, people, thoughts where we can go physically or in our mind to raise our mood and vibe.

It's good to know these, so that when we fall down in a rabbit hole of self-criticism, self-doubt and other lover vibrations to take an active choice of connecting with these lovely gems.

When we are down in that rabbit hole, we might not always remember the things that lifts our vibe and self-esteem.

Please use this week to think of 5-10 anchors for you to carry with you on your continued journey in life.

Be as creative and visual as possible.

Write them down in your phone or somewhere where you have easy access to.

Going forward in life, you can use any of those to re-balance yourself in a difficult situation and raise your vibration to get out of it.