

## The Sailboat Metaphor Worksheet

*Anchor your purpose. Navigate life with meaning.*

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### 1. The Boat (You)

*Who are you at your core? What personal qualities or strengths keep you afloat?*

**Reflection:**

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### 2. The Wind (Motivation)

*What fuels your actions and moves you forward in life?*

**Reflection:**

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### 3. The Anchor (Obstacles)

*What thoughts, feelings, or experiences weigh you down or hold you back?*

**Reflection:**

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### 4. The Compass (Values)

*What truly matters to you? In what direction do you want to go?*

**Reflection:**

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## 5. The Storm (Challenges)

*What external stressors or life events are creating waves or turbulence?*

**Reflection:**

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## 6. The Crew (Support)

*Who helps support you in your journey? How do you maintain those connections?*

**Reflection:**


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 **Time required:** 10–20 minutes

 **Tip:** Revisit your answers regularly to realign with your values and stay on course.