

Faith Anchors Worksheet

Faith is what holds you steady when everything feels like it's falling apart. Anchors give you something to return to—beliefs, practices, or reminders that keep you grounded and moving forward, even in uncertainty. Use this worksheet to identify, reflect on, and strengthen your personal faith anchors.

Section 1: Identify Your Faith Anchors

Prompt: What beliefs, practices, or reminders give you strength when life feels uncertain?

- Anchor 1: _____
- Anchor 2: _____
- Anchor 3: _____
- Anchor 4: _____

Section 2: How They Support You

Prompt: For each anchor, describe how it strengthens, calms, or guides you.

- Anchor 1: _____
 - How it supports me: _____
- Anchor 2: _____
 - How it supports me: _____
- Anchor 3: _____
 - How it supports me: _____
- Anchor 4: _____
 - How it supports me: _____

Section 3: Daily or Weekly Practice

Prompt: How can you intentionally use these anchors in your day-to-day life?

- Anchor 1: _____
 - Daily practice: _____
- Anchor 2: _____
 - Daily practice: _____
- Anchor 3: _____
 - Daily practice: _____
- Anchor 4: _____
 - Daily practice: _____

Section 4: Reflection & Growth

Prompt: After using your faith anchors, reflect on your experience.

- How did I feel after leaning on my anchors? _____
- Which anchors were most helpful? _____
- What did I notice about myself during this process? _____
- What is one small adjustment I can make to strengthen my faith anchors?

Tips for Using This Worksheet

- Keep it visible—place it somewhere you'll see daily reminders.
- Update your anchors as you grow; faith evolves with experience.
- Pair this worksheet with journaling or meditation for deeper reflection.
- Remember: faith is a muscle. The more you use it, the stronger it becomes.