

# THE ANCHOR HABIT

with *Jason Joseph*

## GET STARTED

What would it feel like to show up 6 months from now physically strong, mentally sharp, emotionally stable, and secure in your relationships?

You'll have more energy than you ever dreamed - 100% confident!

### Physical

Maintaining a level of physical activity is a necessary component in proving to yourself that the mind can accomplish anything it desires. It just takes motion and consistency.

### Mental

In the process of building your anchor habit, you will notice the clouds of mental fog begin to disappear. You will experience clarity in your thoughts and the ability to make decisions with ease.

### Emotional

You will develop and begin to live in a state of higher emotional stability, learning the best ways to navigate triggers and stress. Living with a peaceful mind is possible!

### Relationships

Keeping the promise to yourself by building and maintaining an anchor habit will lead to greater security in all of your relationships because you will start removing insecurities from your own life.

## HERE'S HOW

### Activity

1

Choose an activity, preferably outdoors, that you would enjoy - walking, running, cycling, etc.

The idea is to get moving. You can start with just 5-10 minutes.

2

### Silence

The activity you choose should be completed in silence. No music. No podcasts. No phone calls. Just you moving your body, taking in the sights, alone with your thoughts.

(This is where growth occurs.)

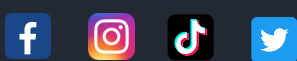
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### Streaking

Keep the promise to yourself and continue to do your chosen activity, in silence, every day.

Day one is where the streak begins and the goal is to keep it going.

**Take the PLEDGE today!**



#AnchorHabit

SilentStreaker.com

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