

Week 8. BRINGING IT ALL TOGETHER

JOURNALLING REFLECTIONS: THE SEVEN ANCHOR PRACTICES & NEXT STEPS



- What anchor practices really work for me, which one(s) do I find make a real difference as I carry them into my parenting, into daily life? Which ones would I like to bring in more fully?
- For those of you with older children and adolescents: How might the seven anchor practices help you navigate the time of accompanying your growing children into maturity, this “bridge time” between child and adult, which is often a time of turbulence and challenge?
- As you contemplate your journey during this course of exploring parenting as your spiritual practice... What do you take with you from this exploration? What are your next step(s)? If you feel moved to, please share these next step(s) with us on our online forum, so that we can hold your intentions and next steps with you, in our thoughts and care.