

# Anchoring Myself

**OVERALL**, the things I want to do most in my bonus life are: be as much ME as I can; do what feels important and soul-driven; enjoy as many moments as possible; have fun; and love until I drop.

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## Who am I?

- I am Kristen-Kris-Kristy-Kiki Anne Jensen Carter
- I am a wife, mom, sister, daughter, friend, relative
- I am an Innocent Alchemist and a Helper/Friend (enneagram 2)
  - Innocent = *Keep It Simple*; joy, optimism, simplicity, purity, sincerity, trust; live for the simple pleasures; every moment is an opportunity for wonder/awe;
  - Alchemist = *Every Moment is a Miracle*; alignment, empowerment, healer, intuition, transformation, vision; every negative has the potential to be a positive; every moment is a catalyst for change; there is beauty in the unseen, the strange and the unexplainable.
  - Helper/friend = humble, altruistic, compassionate, loving towards myself, unconditional, unselfish, honest
- I am a spiritual being living a human life
- I am a creator

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## At my best, I:

- Take good care of my body so that I can be of service to myself and others
- Am thoughtful and think of others rather than ruminating on myself and my good intentions
- Am humble, altruistic, unselfish, compassionate and unconditional with others
- Am loving towards myself
- Am honest and reflective about how I'm doing
- Accept myself the way I am, knowing that I am lovable and worthy just as I am
- Enjoy the confidence that comes from dropping my pride and appreciating my gifts and talents
- Acknowledge past hurts and sensitivities without wallowing in them and look forward, dreaming about and believing in the future and my role in it
- Accept that I have much to offer that others will appreciate

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## What matters most to me?

- Love. Being loving, receiving love. My people: Chas, Max, Sarah, dad, Mary, Kim, the Cesters, the bookies, ++++++.
- Growing throughout my life: becoming more of who I can be, learning the important things, doing — acting on my beliefs in the ways I'm most able
- Transforming my challenging experiences into love/empathy/support for myself. Sharing my successes/insights if they could help others
- Feeling fully. Savoring brilliance, joy and awe; enjoying smells, sights, tastes, sounds, textures, the touch of others; getting those zhoozhy goosebumps I love so much
- Playing to my strengths. I've learned that this really feels good, makes me feel like my inner self and makes life easier. I don't have to be good at everything, just at being me.
- My health, because health = the ability to do everything else.
- Feeling good/happy. Enjoying my minutes and my days. Feeling *strong, healthy, fabulous, clean* and *proud* at the end of every day.
- Leaving the world better off for having been in it
- No matter what kind of day I'm having, I want to feel like 'the best me' is totally there for it.

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## What resources can I draw on to get more of these things?

- My strengths of gratitude, awe, curiosity, creativity, perspective, love and love of learning
- Support and love from Chas, the kids, dad and friends
- Health insurance
- Knowing that it's possible to thrive and maybe even survive my diagnosis (diagnoses?) with some luck, good medical care, a positive attitude, Ariel and other angels helping me out
- Believing that no matter what happens, I will be okay (there's something good and familiar on the other side – I've seen it and believe in it)
- Self-compassion and tenderness
- The whole internet
- My training as a coach, particularly the things I've tried and use and that have worked for me, like PERMAH, WWW&W, WCMRN, ISPEAQ and BATHE

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## What helps to focus and motivate me?

Having something I can refer to regularly to ground me in who I am and I what I can do that matters (like this document, quotes, my daily journaling practice).

Getting out of ego/fear, visualizing my shiny true self being in charge ("driving the bus"). "Being the faucet, letting god be the water." Asking, "What would love do?"

Remembering that love is the most important thing.