

# THE DAILY **ANCHOR**

Three non-negotiables, nothing else. A low-demand daily structure for days when a full task list guarantees failure. One output, one body-maintenance action, one guaranteed reward. No fourth item.

## 01 // WHAT THIS IS

### THREE ITEMS, DELIBERATELY NOT MORE

This worksheet caps the day at three specific commitments: one task that makes today count, one piece of body maintenance, and one guaranteed reward. Stability is the goal, not output. Adding a fourth item defeats the point.

## 02 // HOW TO USE IT

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|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1. Name the anchor.</b> One output task, specific enough to know when it's done. Not "get my life together." | <b>2. Name the maintenance.</b> Water, meds, a shower, or sleep. Pick one essential body-care action.                                     |
| <b>3. Name the fuel.</b> One guaranteed reward, decided in advance. Not earned, not optional.                   | <b>4. Hold the line at three.</b> If the anchor, maintenance, and fuel are done, the day counts, regardless of anything else left undone. |

## 03 // WHEN TO USE IT

### A NOTE BEFORE YOU START

This is built for low-capacity days, not every day. If most days feel like this is the ceiling rather than the floor, that pattern is worth naming with a clinician rather than managing alone.

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# THE DAILY ANCHOR

DATE

CAPACITY TODAY

## 01 // THE STRUCTURAL TRIAD

### 1. The Anchor

Output. The single task that makes today count.

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### 2. The Maintenance

Body. Water, meds, shower, or sleep.

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### 3. The Fuel

Input. Required, not earned. The guaranteed reward.

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**PROTOCOL:** no fourth item. If the three anchors are done, today counts. Keep each one specific: "clean house" isn't a task, "wash the mugs" is.

- ☐ Anchor done
- ☐ Maintenance done
- ☐ Fuel taken

## 02 // OPTIONAL: ANYTHING EXTRA TODAY?

Only if it happened. Leave blank otherwise.

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