



EMPOWERED
HUMAN
ACADEMY

Erin Holden: Finding Freedom in Chosen Anchors

empoweredhumanacademy.com/20

Table Question

What is something that you've learned about yourself and/or the nature of reality, through committing to something?

Journal Prompt

How do you know when it's time to go, and when it's time to put down an anchor? How have you made those decisions in the past?

Action Step

Send a thoughtful letter to someone in your chosen community. Reflect on what they mean to you right now—a quality you see and appreciate about them and how they've helped shape your growth.

Further learning:

Follow Erin on Instagram: [@erinholden](https://www.instagram.com/erinholden)

[Learn more about The Enneagram](#) via The Liturgist podcast