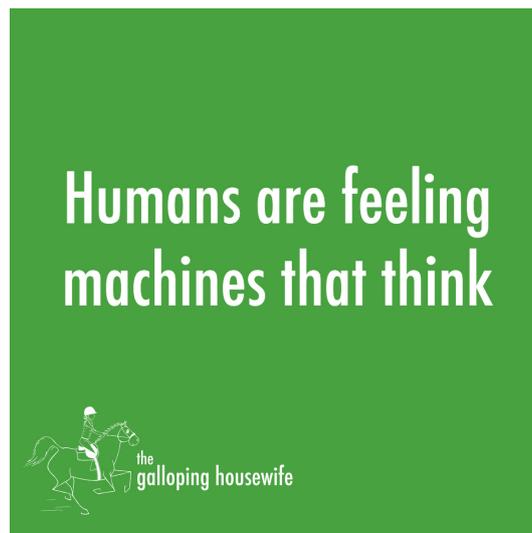


Anchor it in.

I know, you've identified your whys, you think you're done for this section, right? Hahaha. No.

The galloping housewife is here to tell you the key understanding you need about yourself that will help you achieve anything.

We are feeling machines that think.



Which means that all those breaking down projects into bite sized steps and time management tools and bullet journals and set programmes are useless. Or at least useless until we connect our emotions to the actions.

Additionally knowing that our emotions are ruled by our hormones and our hormones can be manipulated by our physical state, is massively helpful for a galloping housewife.

This is where we utilise our psychology to direct traffic. Just as when you train a horse, the only thing you need to focus on is training his brain and the rest will follow, we train our own brain to lead the way.

In this session we create anchors for our minds. Exactly how we do that is up to you – you will know which method is best for keeping something forefront in your thoughts. The galloping housewife is not suggesting that you use all these strategies, although she is a fan of one of money mindset coach, Denise Duffield-Thomas' favourite sayings: throw everything at it.

Here's the list. Today's action is to pick at least one of these and set them in motion.

- Dream board – yeah, yeah. Whatevs. Like it or not, a dream board totally works, especially if you're a visual person. You can go the old-fashioned way and cut out pictures from magazines and scrapbook your way to the perfect vision of your future. The galloping housewife is far too impatient for this and instead uses one of a million apps to create a digital dream board that can then be printed out or used as a screen saver or wallpaper on all your digital devices.
- Visualisation – K. This one is one the galloping housewife really struggles with. A neurodivergent brain is not conducive to sitting quietly and thinking through a scenario. However, this can be extremely powerful if you are so inclined. Remember, we're going for feelings, not just actions and try to use all your senses. Not just what you'll see and your position in space, but what you'll hear and what you'll smell and even what you'll taste.
- Reminders – little pop ups of phrases throughout the day are a quick and painless way to anchor in thoughts. Use your calendar on your phone, put post it notes everywhere, use one of the kazillion reminder apps there are, get a label maker.
- Mantra – pick your favourite phrase and put it on repeat. Chant it out loud whenever you remember, or use it for your meditations if you're that way inclined.
- Journal – simply writing down your list is enough. The galloping housewife is a fan of first thing in the morning to reset the priority for the day, but last thing at night is always good. There is a train of thought that recommends not going to bed without asking a question of your subconscious. Certainly, if you study memory formation there's a shitload of experience sorting and filing that goes on overnight while we sleep, so it makes sense. If you're the type that has the time and inclination, redoing the exercise of writing your ideal day on the regular is extremely worthwhile.

All of this may seem a bit 'woo', but it's totally not. You're not going to magically wish your dream life out of nowhere. The Secret is not real life, folks. What happens is that you are using your conscious to implant a destination in your subconscious. Your subconscious is really very bloody clever and will spend its time figuring out ways to get to your destination that you didn't know you knew. This is why you'll suddenly think of a solution to the challenge in your way while you're in the shower or driving your car or cleaning your gear or mucking out stables.

Remember, these anchors are for the why, not for the what.



See you later bitches,  
the galloping housewife

