

ANCHOR-HOLD

Meaning: Anchor-hold: to secure or establish a firm position or stability in a challenging or uncertain situation.

1. To ensure stability in the stormy seas, the captain instructed the crew to anchor-hold the ship firmly.
2. In times of uncertainty, it's essential to anchor-hold your beliefs and principles.
3. The community decided to anchor-hold their values, providing support to those in need.
4. During the debate, she chose to anchor-hold her argument with solid evidence and clear reasoning.
5. As the winds picked up, the climbers had to anchor-hold their gear to prevent any accidents.
6. To stay focused, he needed to anchor-hold his thoughts and avoid distractions.
7. The teacher encouraged students to anchor-hold their understanding of the subject before moving on.
8. When faced with challenges, it's crucial to anchor-hold your determination and perseverance.
9. The team's success depended on their ability to anchor-hold their strategy amidst competing pressures.
10. In meditation, one can anchor-hold their mind on the breath to cultivate a sense of calm.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/anchor-hold>