

Strong from Within

Coaching and Self-Coaching Forum

Pre-Forum Self Assessment

On a scale of 1 - 10, rate each of the following:
(1 = you aren't putting any attention on this, 10 = you're rockin' it.)

Date: _____

_____ I get outside most days.

_____ I move my body most days.

_____ I regularly meditate, pray or practice some form of mindful body prayer.

_____ I know what keeps me aware of and engaged with the Divine.

_____ I consistently do whatever that is to stay connected with the Divine.

_____ I generally speak kindly to myself.

_____ I generally refrain from judging myself.

_____ I treat myself as well as I treat my best friend.

_____ I generally eat well for what my body needs.

_____ I generally exercise at the frequency (at least 3x/wk) and in a way that's most optimal for my body.

_____ I regularly get more than 7 hours of sleep each night.

_____ My home feels peaceful and restorative to me.

_____ I regularly read or listen to material that uplifts me.

Questions?

Answers:

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_____ I generally behave as if I know that my world is created from my thoughts and feelings, rather than external circumstances.

_____ I know my StrengthsFinder top 5 strengths.

_____ I refrain from trying to fix my weaknesses.

_____ I know my core values.

_____ I consistently live my core values.

_____ I know what makes me unique.

_____ I champion my unique gifts.

_____ I regularly look for and create opportunities to express my unique gifts.

_____ I regularly express my unique gifts.

Questions?

Answers:

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