



## Strong from Within

*Coaching and Self-Coaching Forum with Ann Strong*

- 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 close friends and family.
- I generally eat well for what my body requires.
- I generally exercise at the frequency (at least 3x/wk) and in a way that's 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.
- I generally behave as if I know that my world is created from my thoughts and feelings, rather than external circumstances.
- I know my purpose, my why.
- I live my purpose.
- 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 own 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.
- My work, my business, fits my purpose, strengths, values, gifts.
- My work, my business, serves me.
- My work, my business, serves my ideal clients.

Complete this Self Assessment and email to:

[AtYourService@AnnStrong.com](mailto:AtYourService@AnnStrong.com) by Day 3 of Week 1.

**Questions?**

**Answers:**

[AtYourService@AnnStrong.com](mailto:AtYourService@AnnStrong.com)