



# Strong from Within

*Transformation Forum with Ann Strong*

## Module 1 – Foundation

### Fulfillment Worksheet ~

### Your Specific Strong from Within Outcomes

*“I know I’m strong from within because I’m . . .”  
(Personal and professional descriptors of how you’re being)*

*Examples:*

- *More self-directed*
- *Less co-dependent*
- *Kinder to myself*
- *Calmer*
- *More confident*

*What would you love to accomplish, have in place? How will you measure it?*

*Examples:*

*“Sandra’s” answers:*

1. I’d be happy with my life again.  
I’d measure by spending more time doing what I love – mountain biking, hiking with the dog, golfing, getting together with friends.
2. I’d be working with clients I admire.  
The measure is inherent.
3. I’d be healthier.  
I’d measure by losing 20 lbs, by being able to easily walk around the lake and by eating way more vegetables and less junk.

*“Anthony’s” answers:*

1. I wouldn’t feel out of place with my work.  
I’d measure by spending 80% of my work time doing things that fit me and my strengths.
2. I’d be working on bigger projects that have impact.

**Questions?**

**Answers:**

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

I'd measure by projects being a certain dollar amount and I'd rate how meaningful they are to me on a scale of 1 – 10. I'd be going for 8s and 9s.

3. I'd be spending more time with my wife.  
I'd measure by making sure we spent some time every weekend doing something we both enjoy and I'd ask her.

### **YOUR TURN**

*"I know I'm strong from within because I'm . . ."*  
(Personal and professional)

### **Outcome #1**

What would you love to accomplish, have in place? How will you measure it?

**Questions?**

**Answers:**

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**Outcome #2**

What would you love to accomplish, have in place? How will you measure it?

**Outcome #3**

What would you love to accomplish, have in place? How will you measure it?

*Complete this Awareness Assignment worksheet and email to:  
[AtYourService@AnnStrong.com](mailto:AtYourService@AnnStrong.com).*

**Questions?**

**Answers:**

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