



# Strong from Within

*Transformation Forum with Ann Strong*

## Module 1 – Foundation

### Pre-Forum Self Assessment

Date: \_\_\_\_\_

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.)

\_\_\_\_\_ 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.

**Questions?**

**Answers:**

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

\_\_\_\_\_ 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.

\_\_\_\_\_ (Add your own . . .)

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

**Questions?**

**Answers:**

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