



# Strong from Within

*Transformation Forum with Ann Strong*

## Module 1 – Foundation

### What and Why Worksheet

#### WHAT?

What does Strong from Within mean to you?

*Reply to the statement below with as many answers as you have.*

I know I'm Strong from Within when . . .

#### **Example:**

*I know I'm Strong from Within when . . .*

- I'm not comparing myself to others.
- I live from my specific strengths and values.
- I'm aware of the spiritual support that's always available to me.
- I know and live as if I know that I am the creator of my life.
- I'm aware of how amazing I am.

#### YOUR TURN

I know I'm Strong from Within when . . .

**Questions?**

**Answers:**

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

## WHY? WHY? WHY?

1. Why is it important for you to be Strong from Within?

2. Why is what you wrote in #1 important to you?

3. Why is what you wrote in #2 important to you?

Complete this sentence as many times as you have answers:

“I’m excited to get out of bed in the morning because I have the awesome opportunity (opportunity based on what you’ve stated above) to . . .”

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

**Questions?**

**Answers:**

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