



Strong from Within

Transformation Forum with Ann Strong

Module 2 – Reliance Spiritual Support Worksheet

What spiritual practices support you in being Strong from Within?

Include anything that fits for you. Consider traditional spiritual practices like prayer, walking a labyrinth, yoga, meditation, going to church, participating in ritual, singing . . .

Also consider activities you might not immediately think of as spiritual, yet they do, in fact, support you in being spiritually strong, like walking the dog, painting, spending time in nature, playing with your kids or grandchildren, making love, deep conversation with a friend, cooking special meals . . .

Example from one of my clients:

- Running.
- Spiritual reading.
- Sitting in the hot tub under the stars.
- Playing the guitar.
- Going to a new church whenever she travels.

YOUR TURN

The spiritual practices that support me in being Strong from Within:

Questions?

Answers:

AtYourService@AnnStrong.com

How often are you currently engaging in each of these activities?
(Rate each one separately.)

How often would you ideally like to engage in each of these activities?
(Rate each one separately.)

What is the value of consistently engaging in each of these activities?
(Reflect on each one separately.)

*Complete this Awareness Assignment worksheet and email to:
AtYourService@AnnStrong.com.*

Questions?

Answers:

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