



# Strong from Within

*Transformation Forum with Ann Strong*

## Module 3 Awareness Assignment – Self Care Caring for Yourself as the Beloved worksheet

### **You've been put in charge**

You've been entrusted with the incredibly important job/devotion of tending the Beloved.

### ***My Example:***

#### **Name of the Beloved:**

(Your name or your name for your Highest Self)

#### **Job/Devotion description for tending this Beloved:**

Make sure this Beloved consistently knows that she's worthy by nature of existence. That she's here to live her unique Divine Purpose. That she's Love Embodied. That she'll more consistently know and live from her Divine Purpose and Love Embodied by consciously living from her heart rather than her head and tending her spiritual practice daily.

#### **Acknowledgment and affirmation of this Beloved:**

Dearest Ann of Grace, you are the Beloved. You are a one-of-a-kind, unique emanation of the One. You are the entire ocean in your single, beautiful, never-before-never-again drop of the ocean.

#### **What you deeply desire for this Beloved to remember:**

To live from her heart, from Love.

### **Questions?**

### **Answers:**

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

## **YOUR TURN**

**Name of the Beloved:**

**Your Job/Devotion description for tending this Beloved:**

**Acknowledgment and affirmation of this Beloved:**

**What you deeply desire for this Beloved to remember:**

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

**Questions?**

**Answers:**

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