



Strong from Within

Transformation Forum with Ann Strong

Module 3 Awareness Assignment – Self Care Caring for Yourself through Your Core Values worksheet

Begin this Awareness Assignment with the Core Values worksheet

Scan the Core Values worksheet. If you already know your Core Values, double-check them with the worksheet. Do your current Core Values reflect you, today? Is there a slightly different word that lights you up a bit more?

How to determine Core Values

If you don't know or haven't thought about your core values, how do you know what they are?

Review the Core Values worksheet and notice which words jump out for you. Follow the instructions on the worksheet until you feel confident that you've narrowed your Core Values down to no more than 8.

The Core Values worksheet is meant to get you started. If you see a word that's close to a core value for you and you have another way to say it that fits better for you, then that new word is your core value. For example, one of my core values is Intimacy. Someone else might call it Closeness, Connection, Affection or Communion.

Your Core Values:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Questions?

Answers:

AtYourService@AnnStrong.com

What connections do you notice between your Core Values and caring for yourself?

How can you create greater Self Care awareness with your Core Values?

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

Questions?

Answers:

AtYourService@AnnStrong.com