******

 Strong from Within

##  *Transformation Forum with Ann Strong*

**Module 3 Awareness Assignment – Self Care**

**Caring for Yourself Well worksheet**

**Sentence completion**

Complete the sentences below as many times as you can. Then set the worksheet aside for a day and complete it again the next day with more ideas as many times as you can.

***Example from one of my clients:***

**I notice other people take care of themselves well when they . . .**

* Eat lots of vegetables.
* Work out several times a week.
* Talk kindly to themselves.

**I know I’m caring for myself when . . .**

* I go to bed by 10 pm.
* I take the weekends off from work.
* I schedule time to get together with a girlfriend every week.

**YOUR TURN**

I notice other people take care of themselves well when they . . .

I know I’m caring for myself when . . .

As you reflect on both lists, what are you noticing?

*Complete this Awareness Assignment worksheet and email to:*

AtYourService@AnnStrong.com*.*