



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 . . .

Questions?

Answers:

AtYourService@AnnStrong.com

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.*

Questions?

Answers:

AtYourService@AnnStrong.com