



Strong from Within

Transformation Forum with Ann Strong

Module 4 Awareness Assignment – Self Love Self Love as Self Development worksheet

Continuing to grow into all that you are . . .

In what areas of your life would you like to focus your awareness?

Spiritual?

Mental?

Emotional?

Physical?

Family?

Friendships?

Home?

Work?

Financial?

Creative?

Contribution?

Expression?

Choose any of these and/or make your own . . .

Then, play with them. Brainstorm what ways might be fun to grow in these areas. Or, pick a couple of areas and imagine how you might go deep with them.

After you've played with it, set it aside for a day or two. Then revisit your work and add to it as you're inspired.

Questions?

Answers:

AtYourService@AnnStrong.com

My example:

My three areas of focus right now:

- Deepening my spiritual awareness and reliance.
- Becoming stronger financially.
- Thriving as a couple with my sweetie, Gary.

YOUR TURN

Areas of focus:

Ideas for development:

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

Questions?

Answers:

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