



# Strong from Within

*Transformation Forum with Ann Strong*

## Module 4 Awareness Assignment – Self Love

### Self Love as Self Kindness worksheet

**Who among us would talk to a loved one the way we talk to ourselves in our heads?**

**Who among us would treat a loved one the way we treat ourselves at times?**

#### **Sentence completion**

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

***Examples from a couple of of my clients:***

**I could speak to myself more kindly by saying . . .**

- You're doing the best you can, Dear One.
- I'm here for you.
- I appreciate how well you (fill in the blank).

**I could give myself a break by . . .**

- Feeling my generous heart.
- Dropping the idea of perfect.
- Expecting me to be different than I am.

**I could demonstrate my love for myself by . . .**

- Running 3 times a week.
- Listening to music that uplifts me.
- Keeping weekly art dates with myself.

**YOUR TURN**

**Questions?**

**Answers:**

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

I could speak to myself more kindly by saying . . .

I could give myself a break by . . .

I could demonstrate my love for myself by . . .

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

**Questions?**

**Answers:**

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