



Strong from Within

Transformation Forum with Ann Strong

Module 5 Awareness Assignment – Strengths

Aligning Your Internal Team worksheet

Imagine each of your top 5 strengths as a team member on your internal team. Reflect on how you might better align your internal team.

Then set aside the worksheet for a day or two and look at this with fresh eyes for any additional ideas that come to your heart or mind.

One of my own examples:

My top strengths

1. Maximizer
2. Empathy
3. Connectedness
4. Activator
5. Individualization
6. Strategic

Activator has created a lot of chaos in my life by diving in the pool and on the way down, looking to see if there's any water in the pool.

So, a few years ago, I decided to put Connectedness in charge of all my strengths until further notice. So far, there's been no notice. I don't always remember to look to Connectedness first, but when I do, things tend to work out beautifully.

An example from one of my clients:

Her top strengths

1. Woo
2. Relator
3. Communication
4. Activator
5. Competition

Questions?

Answers:

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She found that sometimes when Competition and Activator teamed up, they relentlessly pushed her in a way that wasn't healthy or life-affirming for her. Sometimes she felt downright miserable about not "measuring up."

So, she decided to very consciously develop a healthier relationship with herself by directing Relator and Woo toward her. She continues to become more deeply loving with herself.

YOUR TURN

My top 5 strengths, in order:

- 1.
- 2.
- 3.
- 4.
- 5.

My insights and ideas for aligning my internal team . . .

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

Questions?

Answers:

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