



Strong from Within

Transformation Forum with Ann Strong

Module 5 Awareness Assignment – Strengths

Growing Strengths worksheet

For your top 5 strengths, reflect on what you'd love to grow and develop about each of them individually.

Then set aside the worksheet for a day and complete it again the next day with any additional ideas that come to your heart or mind.

My own examples:

What I'd love to grow and develop about my (fill in the name of your #1 strength) strength is . . . (Do this as many times as you like for your top strengths.)

Maximizer

I'd love to focus more on Maximizing the impact of my writing.

Empathy

I'd love to get better at letting the feelings I feel move through me like a river, rather than taking up residence.

Connectedness

I'd love to listen to my intuition each day about who I'd love to Connect to.

Activator

I'd love to Activate a new connection every day.

Individualization

I'd love to be more aware of Maximizing my Individualization as I'm connecting with new peeps.

Strategic

I'd love to reach out to StrengthsFinder enthusiasts to be on my SF panels.

Questions?

Answers:

AtYourService@AnnStrong.com

YOUR TURN

What I'd love to grow and develop about my (fill in the name of your #1 strength) strength is . . .

What I'd love to grow and develop about my (fill in the name of your #2 strength) strength is . . .

What I'd love to grow and develop about my (fill in the name of your #3 strength) strength is . . .

What I'd love to grow and develop about my (fill in the name of your #4 strength) strength is . . .

What I'd love to grow and develop about my (fill in the name of your #5 strength) strength is . . .

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

Questions?

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