



# Strong from Within

*Transformation Forum with Ann Strong*

## Module 6 Awareness Assignment – Core Values Remembering and Embodying Your Core Value worksheet

**So we have our Core Values posted on our fridges. Maybe we've written a note on our phone or in our journal. And we need more to help us remember and embody them!**

### Let's get creative

- Write a poem?
- Create a body prayer?
- Throw it down and bust a few rhymes?
- Design some kick-ass word art?
- Choreograph a dance?
- What can you dream up???

If you need some inspiration, watch this awesome 1-minute video of a pre-schooler rhyming as she puts together a puzzle:

[https://www.youtube.com/watch?v=rsgT\\_mtMHwA](https://www.youtube.com/watch?v=rsgT_mtMHwA)

### YOUR TURN

Include a url or attach whatever you've created, if you can.

And, bring it to the Integration Call to share!

My Remembering and Embodying creation:

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

**Questions?**

**Answers:**

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