



Strong from Within

Transformation Forum with Ann Strong

Module 6 Awareness Assignment – Core Values

Using Your Core Values to Prioritize worksheet

Make two lists here. First, the list of your Core Values, in order. Second, a list of everything on your To Do list.

Then, look at both lists together. Make a third list of 5 To Dos based on your Core Values. These are your current top 5 priorities. Give them precedence in your schedule.

“If it’s not a priority, it’s a distraction.”

~ Barbara Stanny

From the book, Sacred Success

YOUR TURN

List your Core Values, in order:

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

Questions?

Answers:

AtYourService@AnnStrong.com

Make a list of all your To Dos, things you must do:

Now list your prioritized To Dos, based on your Core Values:

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

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

Questions?

Answers:

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