



# Strong from Within

*Transformation Forum with Ann Strong*

## Module 7 Awareness Assignment – Genius and Brilliance Genius and Brilliance Detective Work worksheet

Imagine you're observing a person who isn't you. This person has your exact top strengths in the exact same order as you. Follow this person around for awhile. Get curious as you're observing them.

**What does this person, with these strengths, do brilliantly, naturally, effortlessly?**

Write down your observations. 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 and mind.

The example below of my client comes from her work with me. My own example below comes from having this coaching conversation with my own coach, Gina Garris.

Join us on the Integration Call for coaching to help you really get the heart of your Genius and your Brilliance!

### **An example from one of my clients:**

Her top strengths

1. Input
2. Intellection
3. Ideation
4. Strategic
5. Positivity
6. Connectedness

Genius, Brilliance of this person:

**Questions?**

**Answers:**

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

She is present with the person in front of her, endlessly curious about what makes them tick. She shares positive ideas and insights about that person with them. She naturally sees ways for them to improve themselves and their situation.

She delights in studying many aspects of human nature and specific people. She helps each of these people see their life differently from the obscure but accurate connections she makes that they themselves cannot see.

### **My own example:**

My top strengths

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

Genius, Brilliance of this person:

She is fully present with a person or situation. She sees and/or receives whatever is there. She's able to capture and communicate whatever that is. Then she creates from that place and/or supports and activates whomever she's present with to create and/or manifest.

Watch the 49-second video I created of my own body prayer that helps me keep my Brilliance front and center for me. You may want to do something similar for yourself.

### **YOUR TURN**

The top 5 - 7 strengths, in order, of this person I'm following around:

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

**Questions?**

**Answers:**

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5.

6.

7.

My glimpses and insights as to the Genius and Brilliance of this person:

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

**Questions?**

**Answers:**

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