



Strong from Within

Transformation Forum with Ann Strong

Module 9 Awareness Assignment – A New Script The Care and Feeding of You worksheet

As you look back on all of your Strong from Within Awareness Assignments ~ Foundation, Reliance, Self Care, Self Love, Strengths, Core Values, Genius and Inside Out, what stand out for you?

What do you now know about the Care and Feeding of the Precious One entrusted to you, known as You?

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.

Join us on the Integration Call for coaching to help you dial this in for you...

Some notes from one of my clients:

- MUST be outside every day.
- M Joy, my dog is so perfectly named. When I'm really present with her, I feel joyful.
- Learning to talk to myself with more kindness. It feels good.
- Appreciating how unique my strengths are. Makes me curious what else I can do that is uniquely me.
- Becoming more aware of and releasing codependency.
- Not working so much and taking off weekends.
- Going on my first canoe trip this summer.
- Taking my grandson to Disney Land for the first time.
- Just started a watercolor course.
- Simplifying some of my work processes.
- Drinking way less wine.
- Cutting back on red meat.

My own example:

Questions?

Answers:

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- I'm drilling down into my strengths more and more – what excites them, stimulates them, honors them and illuminates them?
- I have a new daily meditation practice. So great!!!
- I generally feel at peace within myself.
- Even when I think I have problems, I'm remaining level-headed.
- I'm loving coaching clients in new arenas.
- I'm developing a personal relationship with my Big Brother Jesus. New and surprising for me.
- So obvious – I'm writing a prayer and poem book.
- Working with a gifted energy healer.
- I'm starting the next adventure of living with my sweetie.
- I'm integrating being a Colorado girl and a New Mexico girl.
- I am speaking to myself so much more kindly. 😊

YOUR TURN

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

Questions?

Answers:

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