



Strong from Within

Transformation Forum with Ann Strong

Module 9 Awareness Assignment – A New Script Writing Your Own New Script

For this Awareness Assignment, you will write a piece about who you REALLY are. What is your imagination of your reality?

I'm sharing with you my own as a sample, "Ann Strong Identity, the Imagination of Her Reality."

For yours, include whatever feels good to you ~ what makes you feel more alive, happy and free? More you?

After you've created a rough draft, wait a few hours or a day and then, reread it aloud. If something doesn't feel great, take it out.

This is highly personal to you, for you, about you. Your words, your way, your wisdom...

I've shared mine with you only to help you get your creative juices flowing. Yours may be only two sentences. Or it may be written as poetry. Or a small novella. Or...

You'll notice I last updated mine almost a year ago. I will join you in this process and update it again before we meet on Tuesday. So fun! Curious to see how it's shifted.

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

YOUR TURN!

Complete this Awareness Assignment in a separate document that you create and email to: AtYourService@AnnStrong.com.

Questions?

Answers:

AtYourService@AnnStrong.com