### **Relationships Matter International**



ME:

SELF-CARE
& PERSONAL GROWTH

Workbook



# CREATING A BETTER ME

Workbook

Creating a Better Me (c) 2021 by Kisha Battle Houston

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#### Introduction

## "The unexamined life is not worth living" Socrates

If you want to be better and grow as a person you must work on yourself. Self-care, self-awareness, and personal growth is important to your mental health. Your life, your choices, and who you are is highly customizable throughout your lifetime. You have the power and authority to make significant changes in your life. It is solely up to you and your responsibility to maintain self-care; no one else's. The decisions that you have made whether faulty or faultless, have shaped you into the person that you are today. It's perfectly feasible to be afraid, have anxiety, regrets and so on but it is never too late to begin again, start over and create a life that you can desire to love. You can create a better you.

When you identify, accept, and use the personal power within you to affect change within yourself, you will see incredible rewards and changes in your life, relationships and overall fulfilment and happiness. I encourage you to challenge yourself, think seriously about where you are in your life right now. It is no coincidence that you are reading this workbook. You are sensing that a change is needed. While there is no magic wand to zap your wishes, wants and desires, you have had that magic spark within you all of this time. It doesn't matter what did not go the way you had planned, or you feel that you have failed at an opportunity. You can evaluate, regroup, and reform yourself at any time. You must make the choice and decide to pull up your confidence, your love for self, then start to take care of your mental health.

Now is the time to declare that this a season for caring, loving, turning inward to creating a better you. Honestly reflect on the prompts and questions; please take your time. Meditate on what you truly want out of life's open door. I believe in you. When you have created a better you, teach another to do the same. We can "create a better me" movement and community.

Take your time with this workbook and give thoughtful answers. Explore yourself, gain awareness and set your mind to create a better you!

## **About Me**

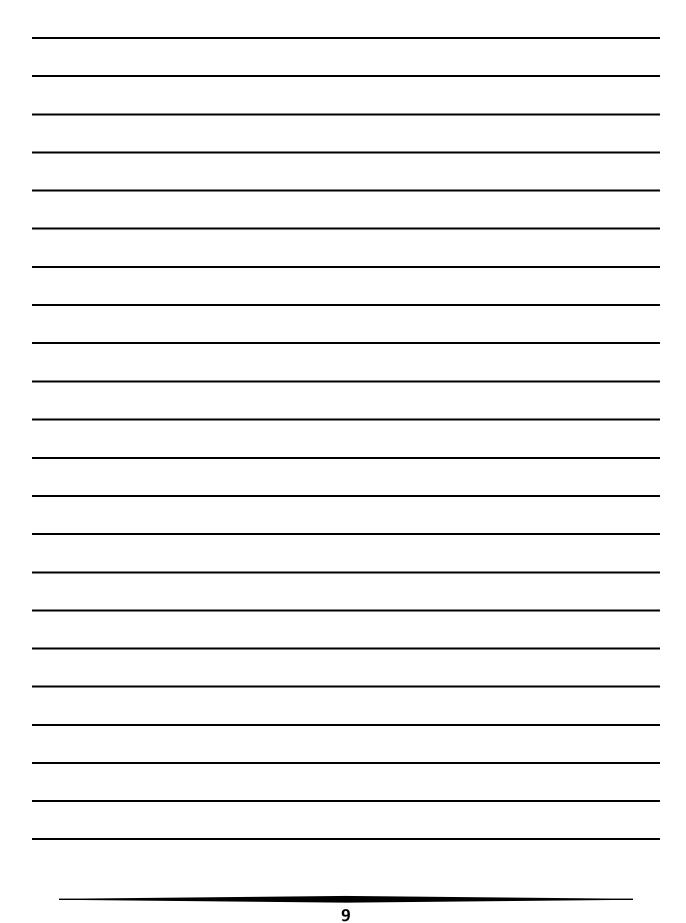
#### Who Am I?

As you fill in this portion of the workbook you will start to gain awareness into yourself, and ideas will creep in as to what you may want to work on and change in furtherance of your personal growth. Feel free to make notes when those lightbulbs go off.

List 10 things you like about yourself:			
List <u>5</u> of your best talents:			

List <u>5</u> of your most important passions:
List <u>5</u> of your greatest weaknesses:
List <u>5</u> of your greatest strengths:

List <u>4</u> of your biggest regrets:				
Explain in detail each of the regrets, and how you perceive them, why the situations occurred, how you could have prevented them, etc				



# Pick <u>2</u> people in your life that are closest to you. What would they say about you?

Person #1:	

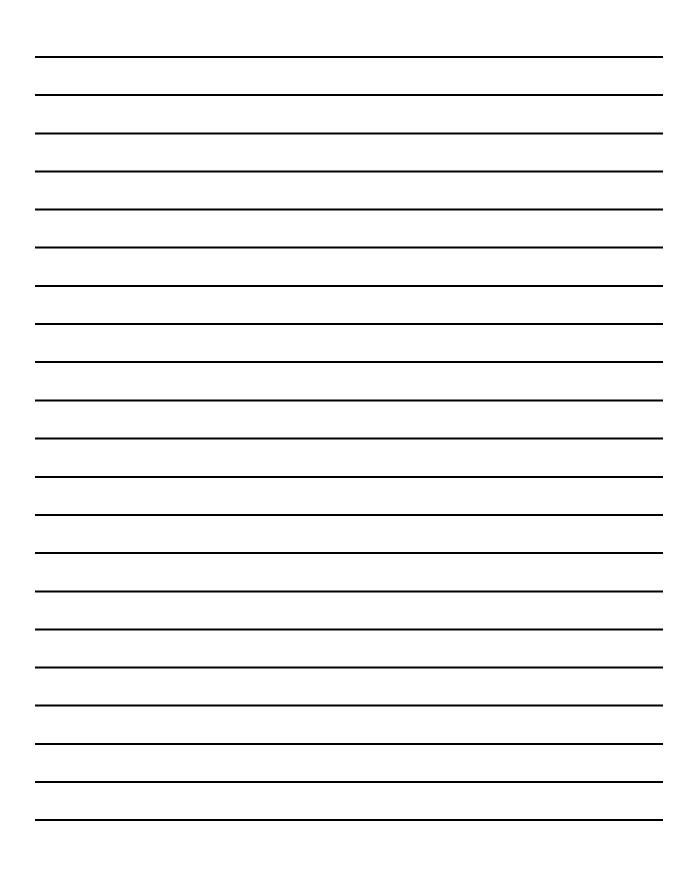
Person #2:	 		

"You control your life. Never stop at achieving success"
"You control your life. Never stop at achieving success"
"You control your life. Never stop at achieving success"
"You control your life. Never stop at achieving success"

List <u>5</u> of your greatest insecurities:				
List 10 things you are grateful for:				
"Be grateful and love yourself for your good. You are worth it"				

List <u>5</u> things you are not grateful for or want to change about yourself:
List 5 things you believe you have no control over:
List 5 things you believe you can control about yourself:
"Imagine yourself a winner and you'll succeed every time"

Consider 2 situations in your life that caused you great turmoil, pain, suffering or unhappiness and consider what happened and what about you led to it: Situation 1:



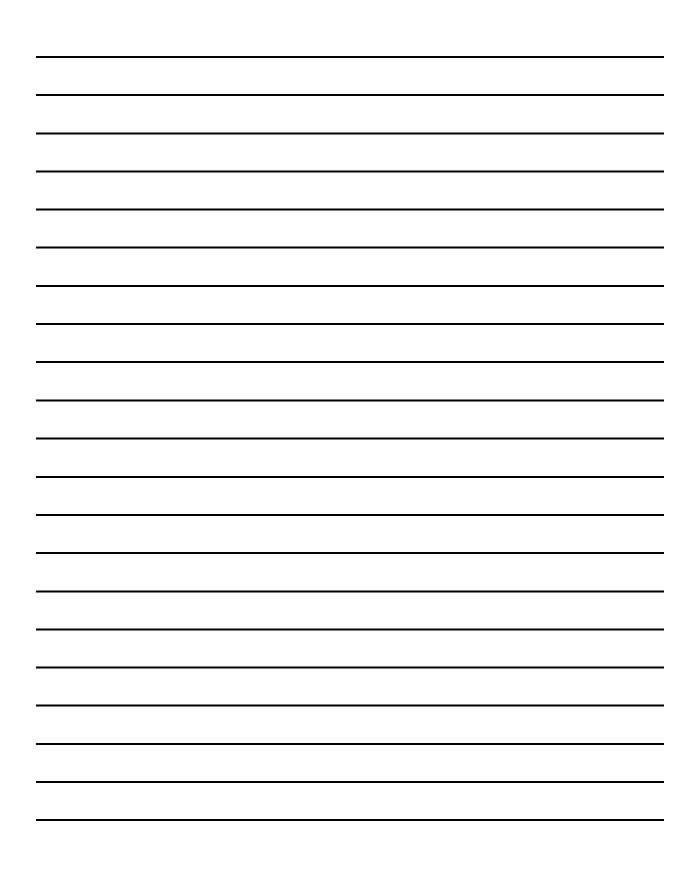
Situation 2:	

List your values:		

What do I waste	time on?		
	_		
	_		
	_		

What is/are my greatest motivator/motivators?			

What brings me joy and contentment?					



What causes me distress, unhappiness, and problems?			

-	

ist your insecurities:	

List your dreams (go big or go home):			

What has stopped you from achieving your dreams:			

Are you good to yourself?					

Write about the ways in which you care for yourself:				
,				

Write about the ways in which you neglect yourself or abuse yourself:

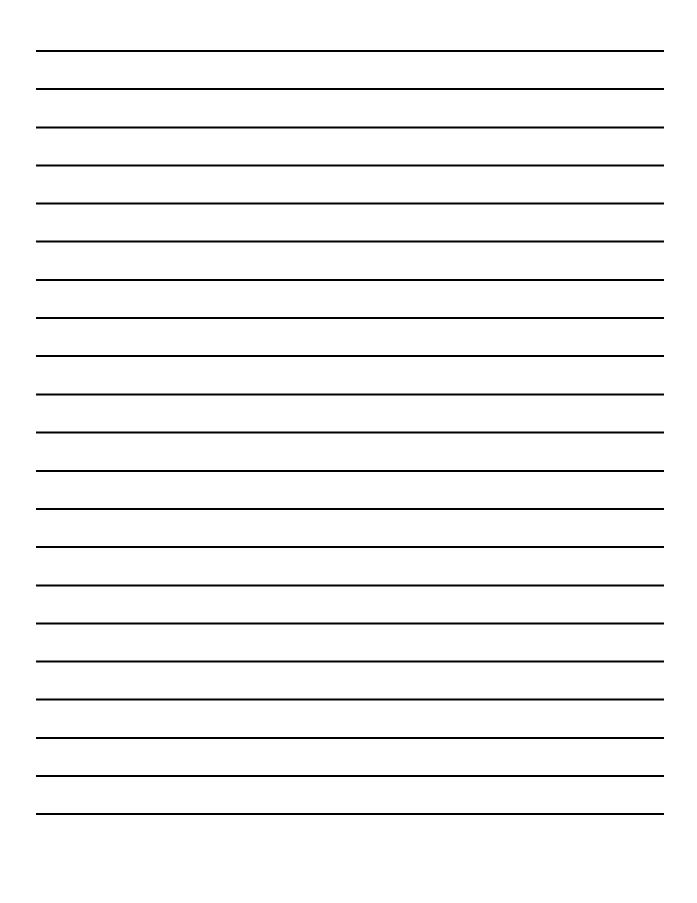
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When am I most at peace and enjoy inner tranquility and serenity:		

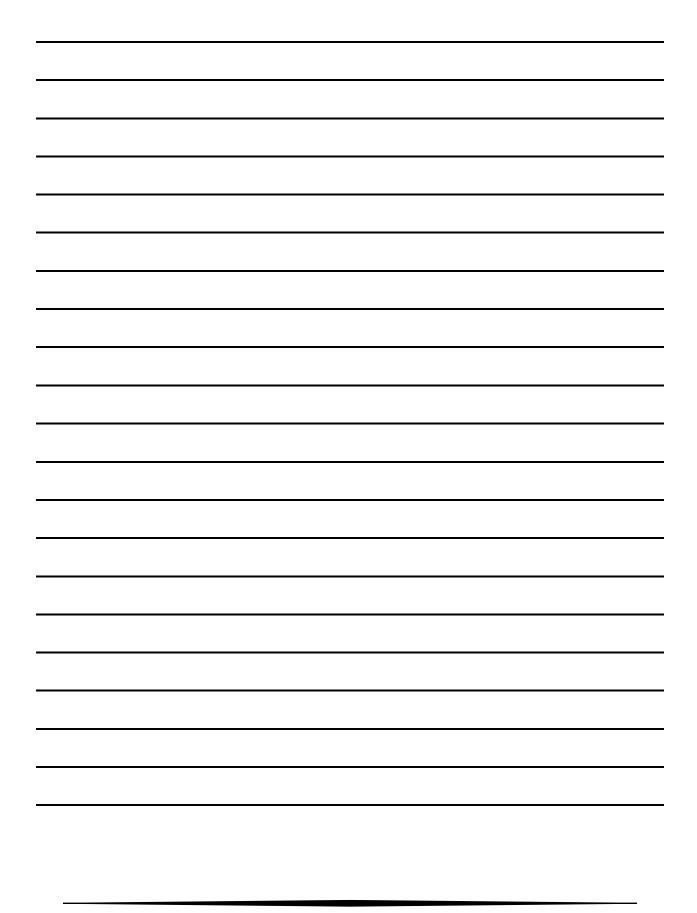
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Who do I envy or wish I was more like that person or have what they have?			

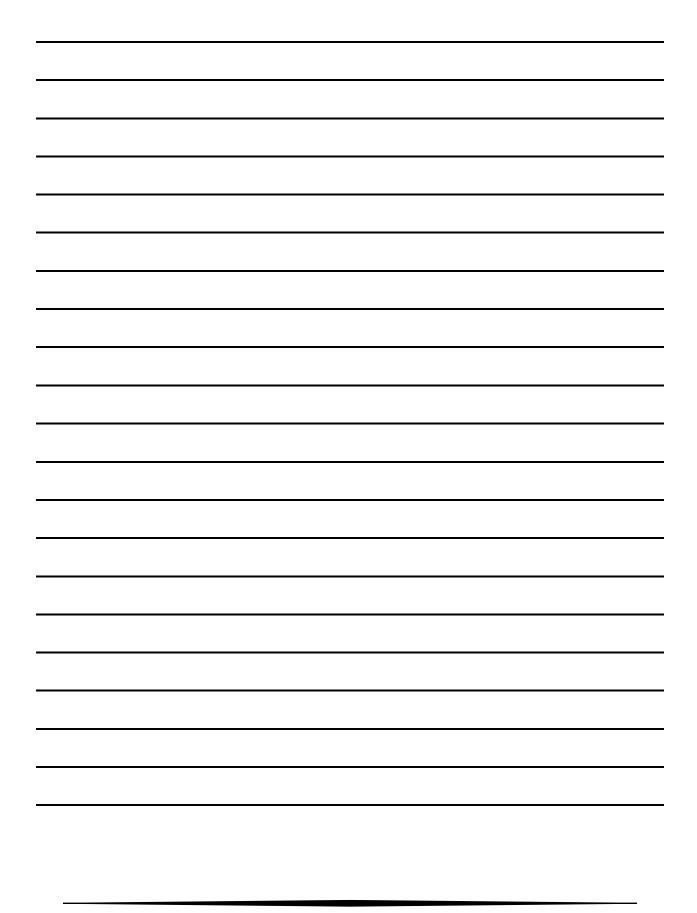
What causes me fear or anxiety?			



What causes me frustration?			



Are there supportive,	loving, and	d healthy p	eople in my l	ife? (explain)



Are there people in my life who are not supportive of my wellbeing? (explain)				

Do I speak my mind?					
	_				


What stops me from speaking your mind?			

Am I making my own decisions or do I often seek approval from others?				

## Character Defects: (circle any of these defects that apply to you)

Resentful

• Angry

• Self-pity

• Self-centered

Self-doubtingClose minded

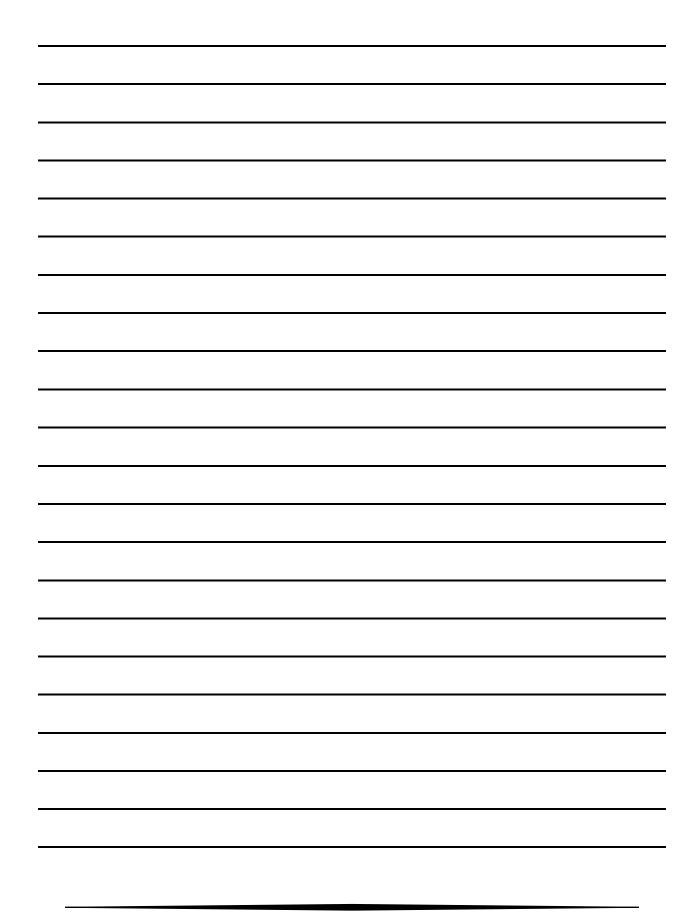
• Arrogance/Self-importance/Egocentric

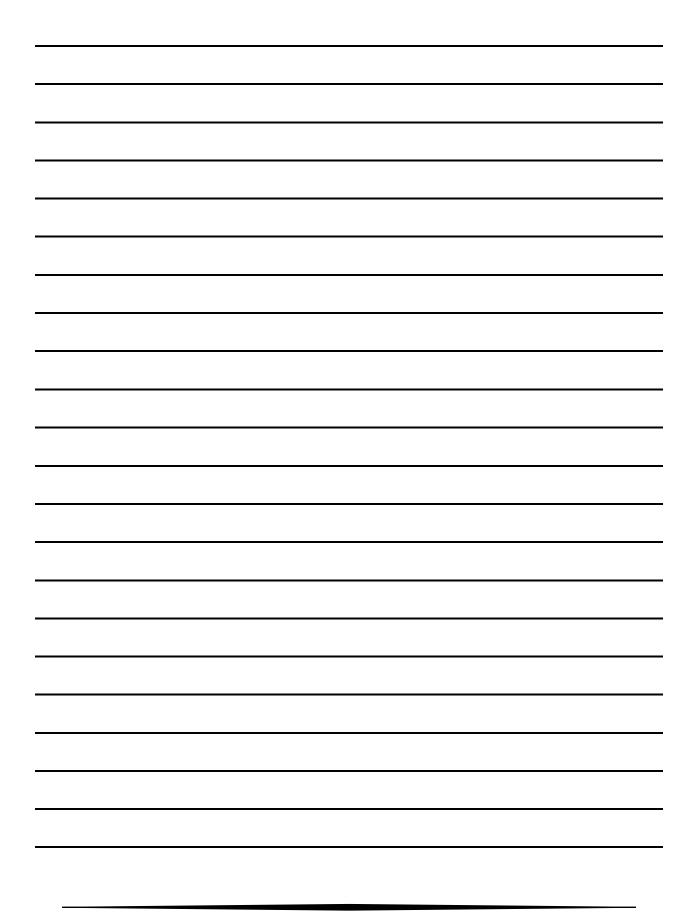
	n I ready to change? If not, what stops me? How will I overcome ese roadblocks?
Α.	• Greed
	Judgmental thinking
	Perfectionism
	Negative Thinking
	Procrastination
	• Laziness
	Jealous
	<ul><li>False pride</li><li>Phony/fake/ingenuine</li></ul>
	Obsessive     Talagrapida
	• Selfish
	• Envious
	• Dishonest
	Self-condemnation

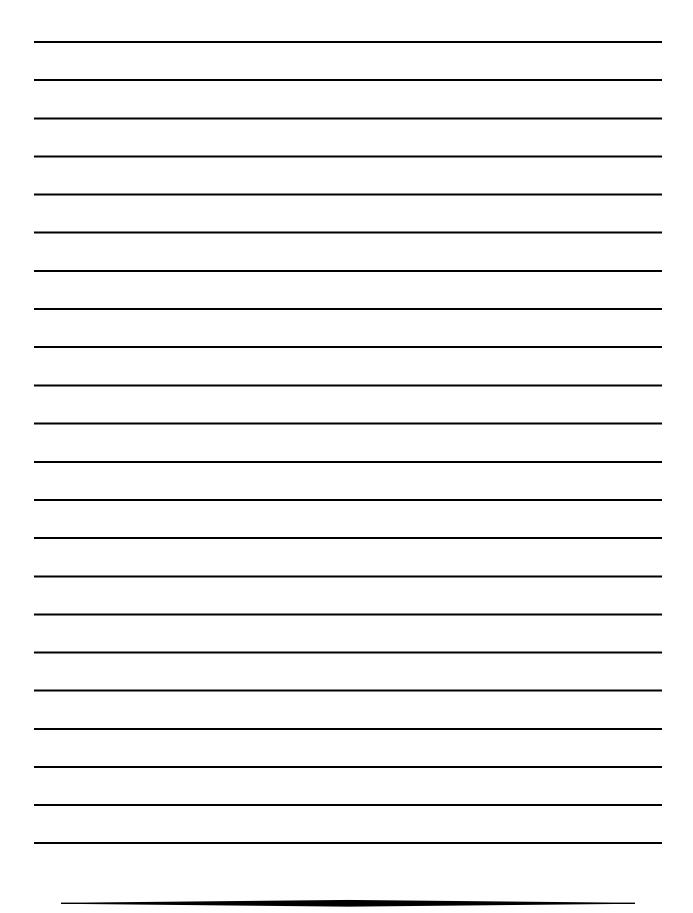

## Making Changes

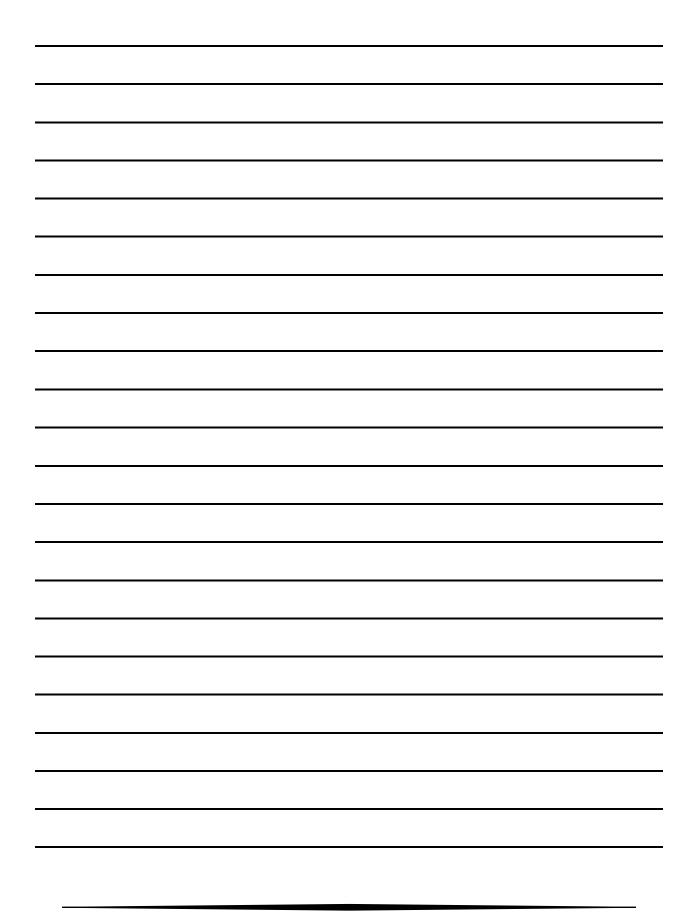
## **Evaluation**

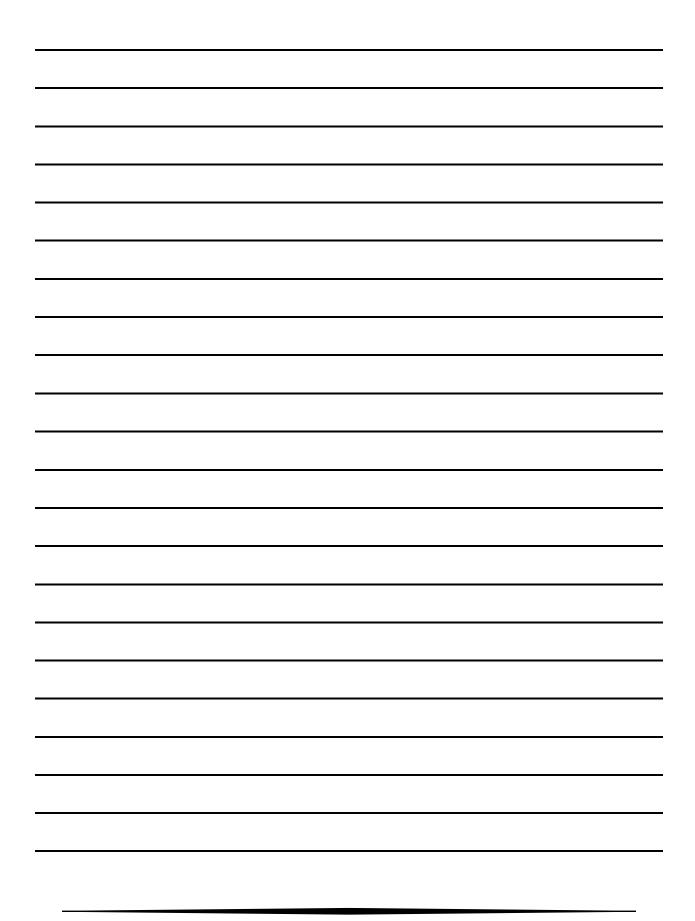
Now that you finished the section above, stop and go over all your answers. What did you learn, what did you discover, what ideas for personal growth come to mind, what do you need to work on in your personal growth efforts?



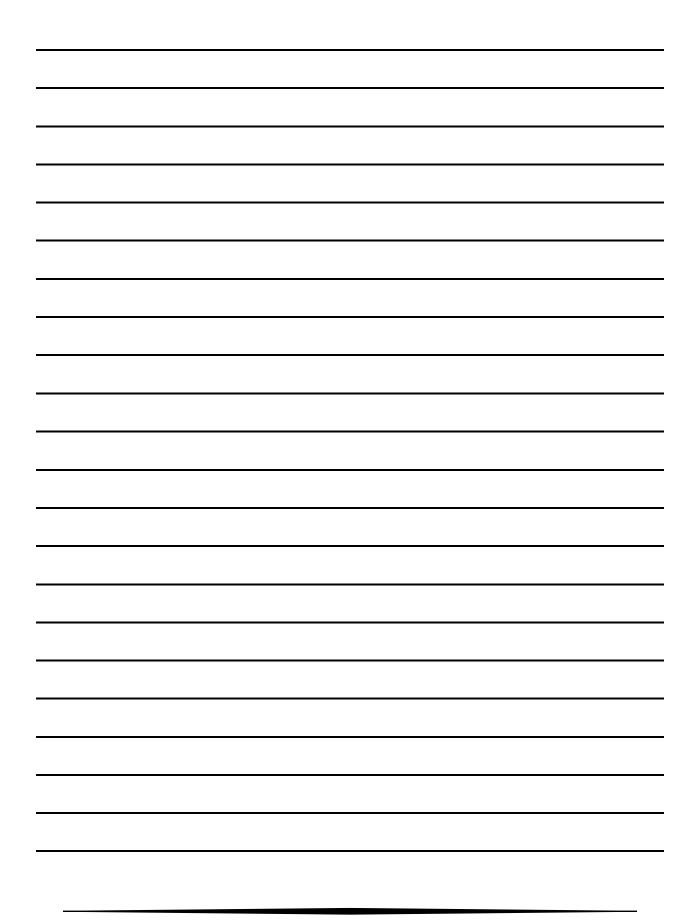


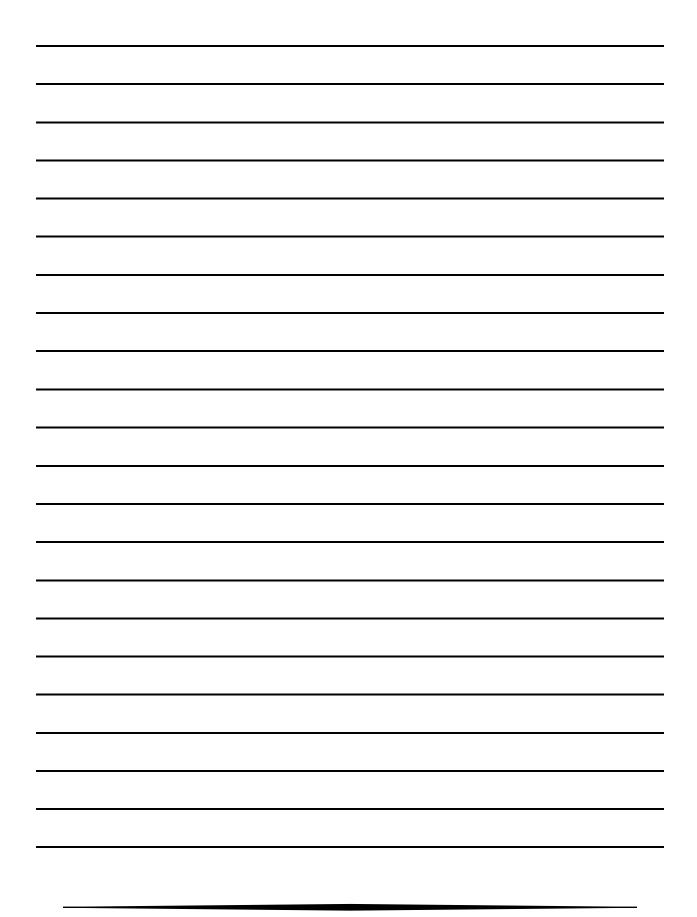


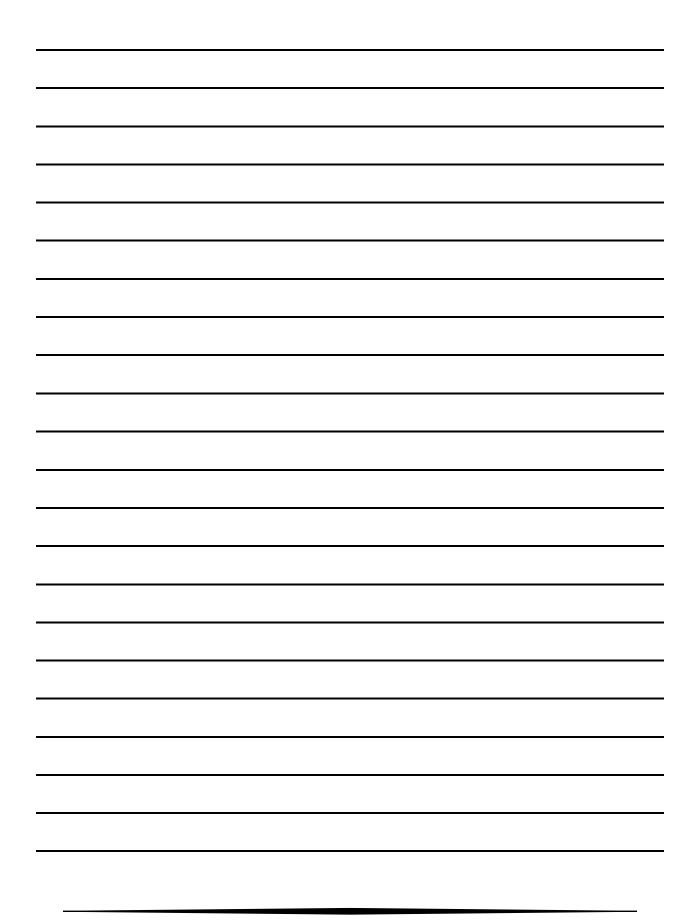




If you had a magic wand, what would you change right now about yourself?				







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List 5 things you don't like about yourself:
Explain how the <u>5</u> things you <i>don't</i> like about yourself impact your life, happiness, success, relationships, etc.:

