



# CREATING A BETTER ME:

SELF-CARE  
& PERSONAL GROWTH

*Workbook*



Kisha Battle Houston

# CREATING A BETTER ME

Workbook

Creating a Better Me  
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# Introduction

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*"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

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## 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:

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List 5 of your best talents:

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List 5 of your most important passions:

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List 5 of your greatest weaknesses:

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List 5 of your greatest strengths:

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List 5 of your greatest insecurities:

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List 10 things you are grateful for:

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**“Be grateful and love yourself for your good. You are worth it”**



List 5 things you are not grateful for or want to change about yourself:

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List 5 things you believe you have no control over:

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List 5 things you believe you can control about yourself:

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*"Imagine yourself a winner and you'll succeed every time"*





















































































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

- Resentful
- Self-centered
- Angry
- Self-doubting
- Close minded
- Self-pity
- Arrogance/Self-importance/Egocentric
- Self-condemnation
- Dishonest
- Envious
- Selfish
- Obsessive
- False pride
- Phony/fake/ingenuine
- Jealous
- Laziness
- Procrastination
- Negative Thinking
- Perfectionism
- Judgmental thinking
- Greed

**Am I ready to change? If not, what stops me? How will I overcome these roadblocks?**

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