



CREATING A BETTER ME A BETTER YOU

The Workbook



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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. Your life, your choices, who you are is highly customizable throughout your lifetime.

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.

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.

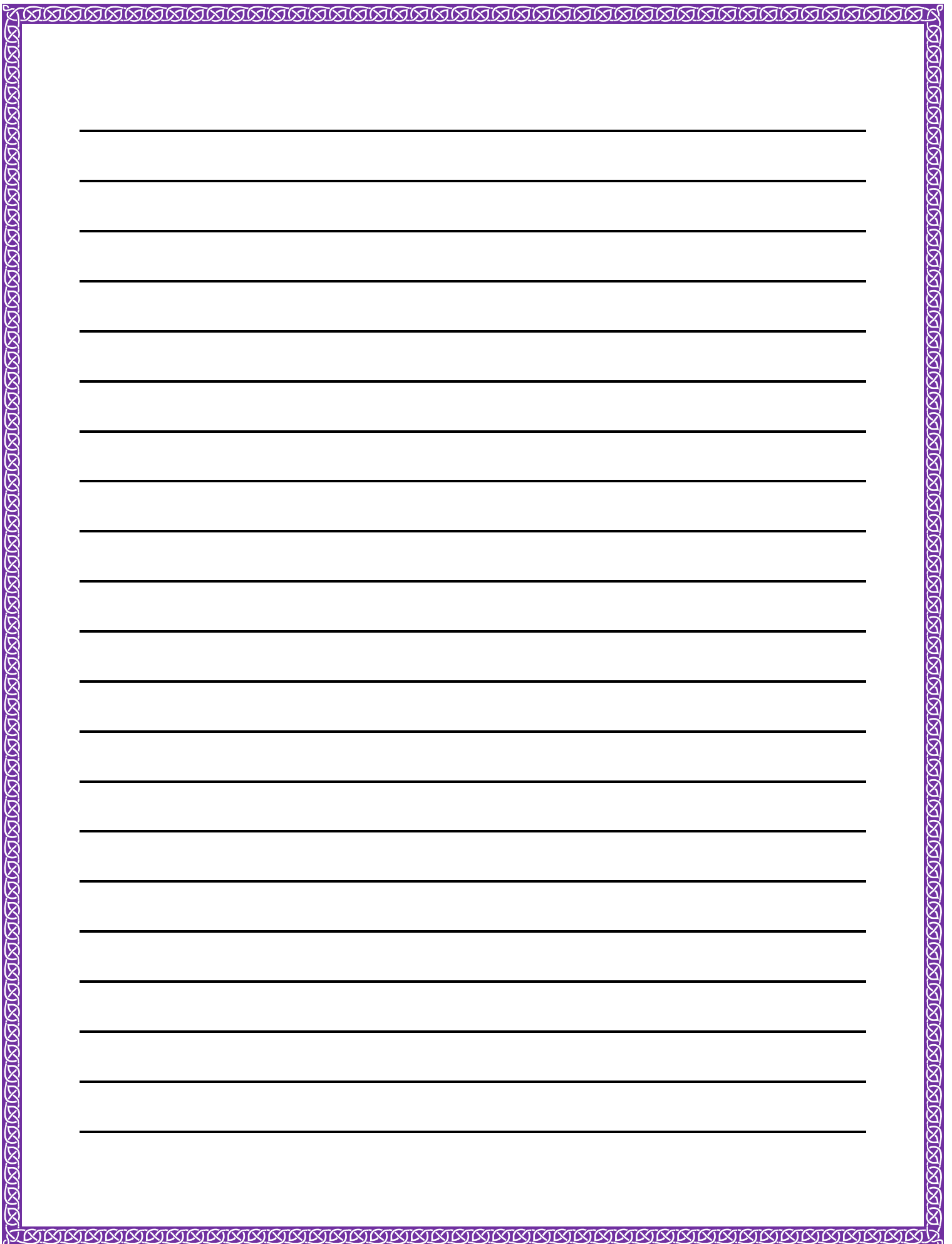
List 10 things you like about yourself:

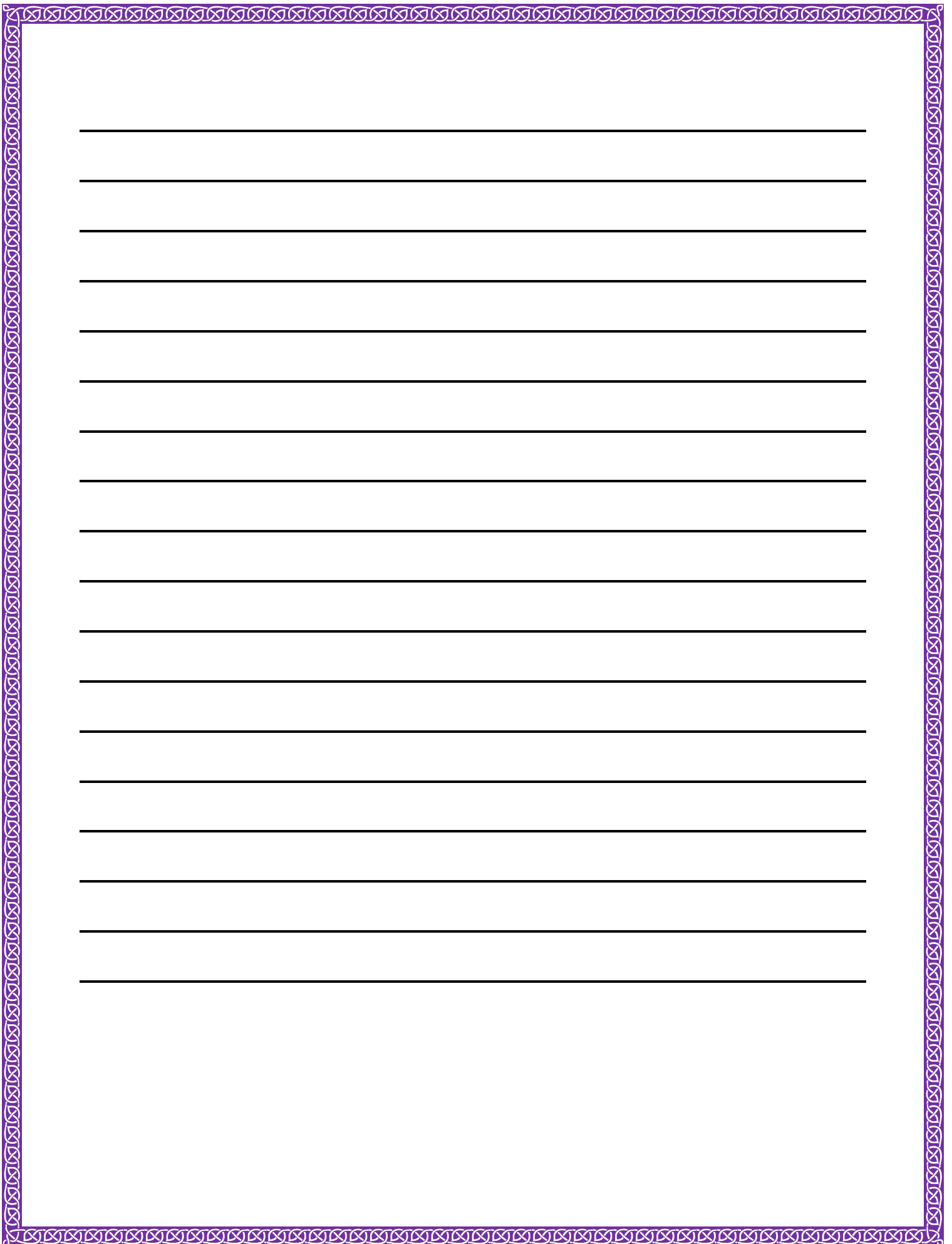
List 5 of your best talents:

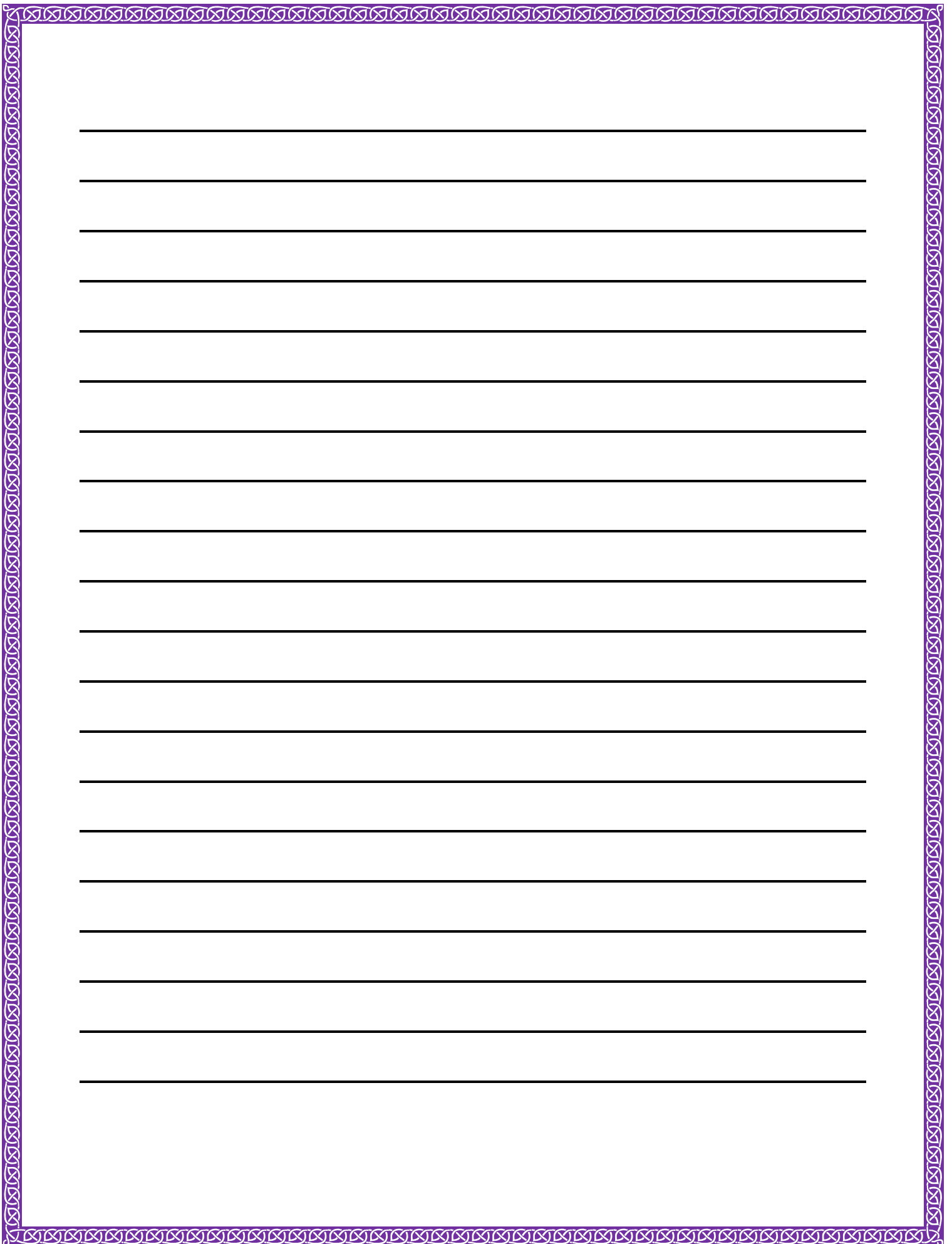
List 5 of your most important passions:

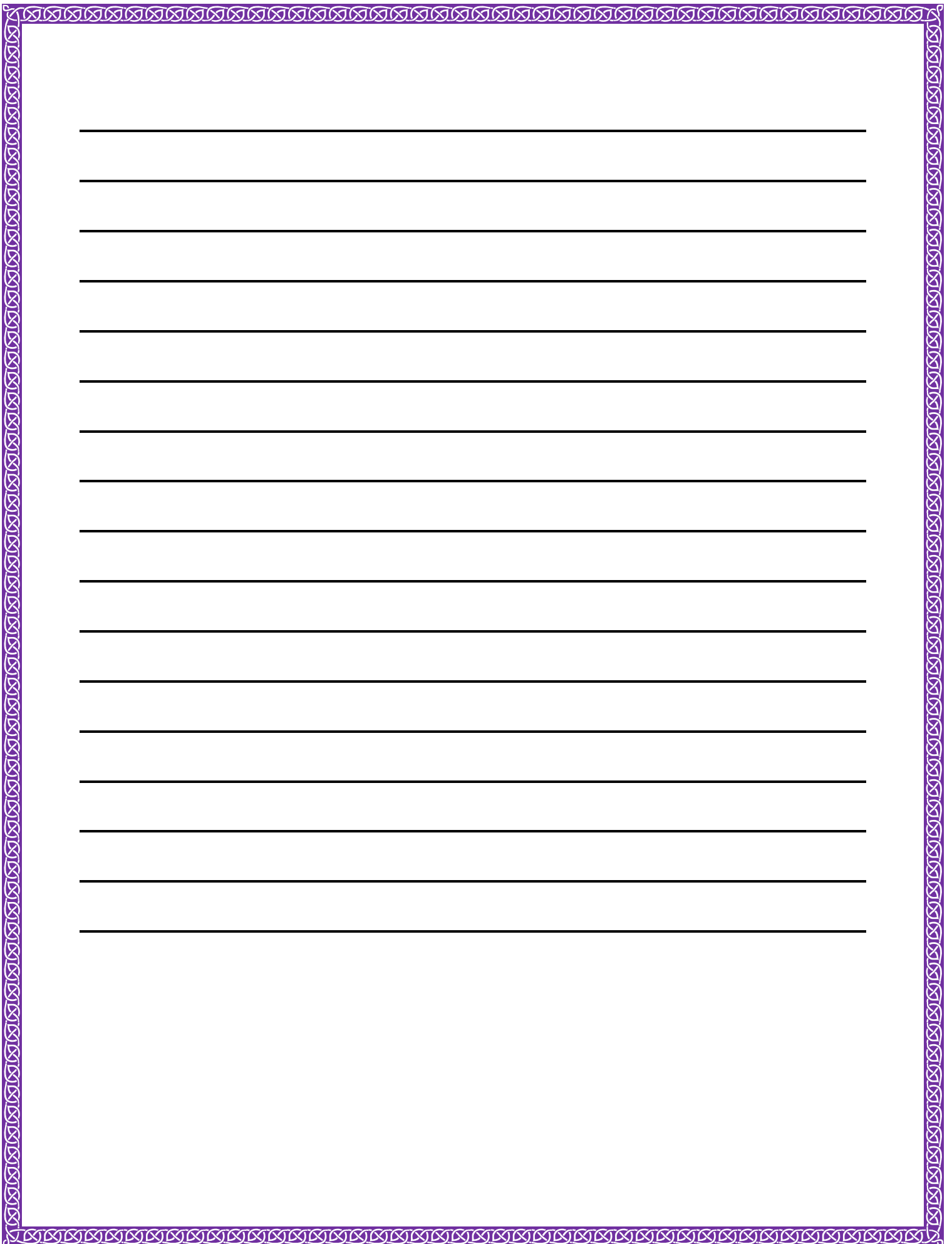
List 5 of your greatest weaknesses:

List 5 of your greatest strengths









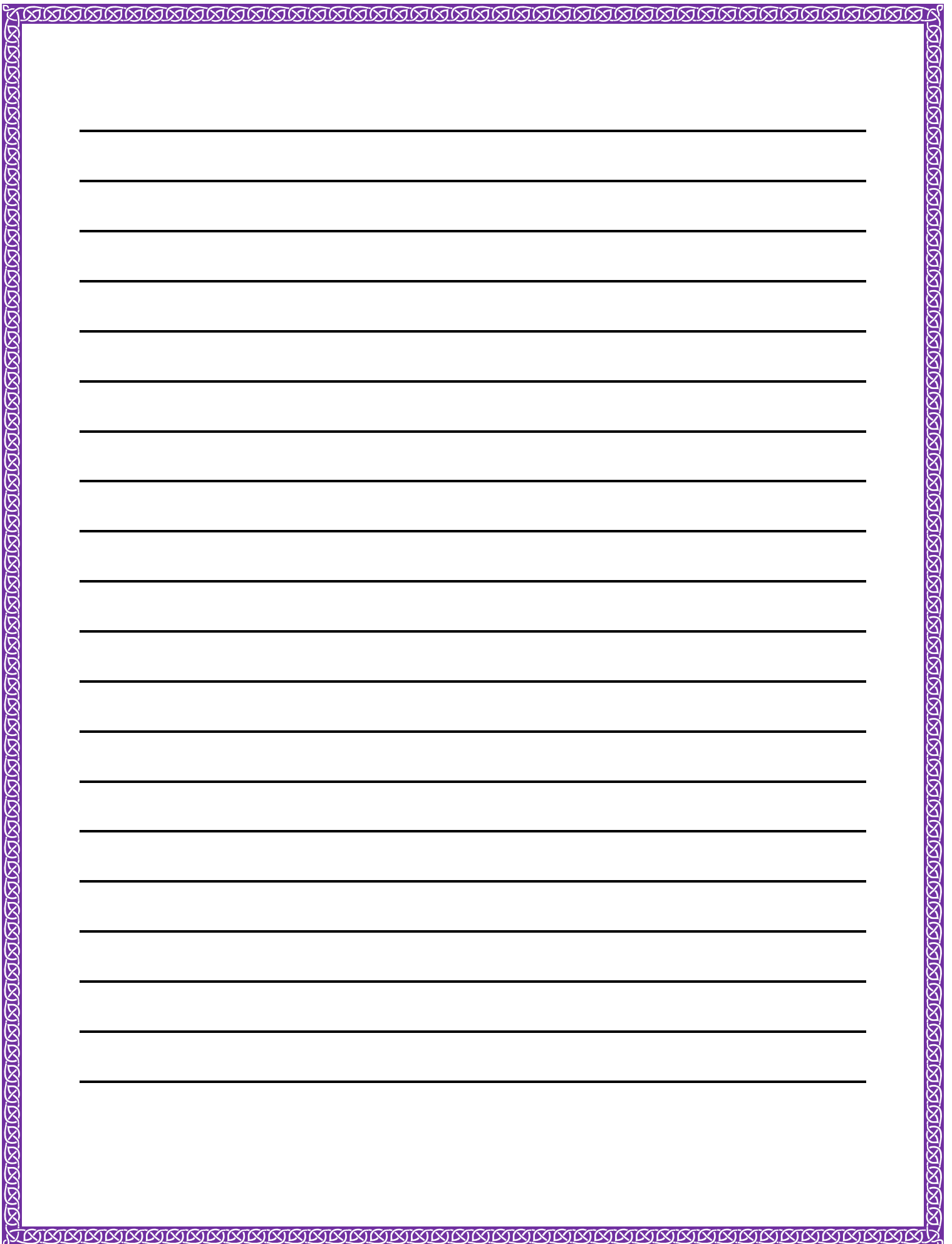
List 5 of your greatest insecurities:

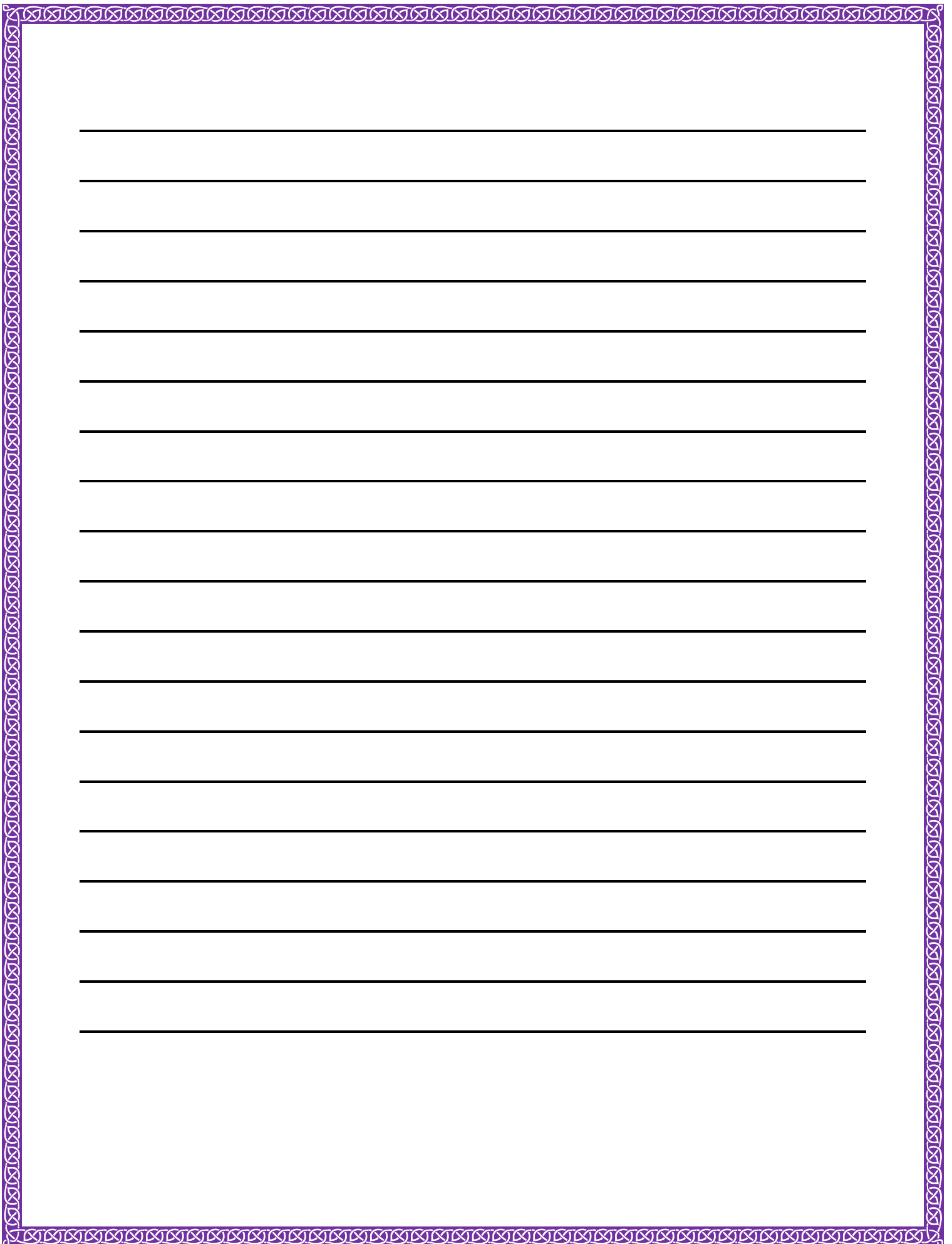
List 10 things you are grateful for:

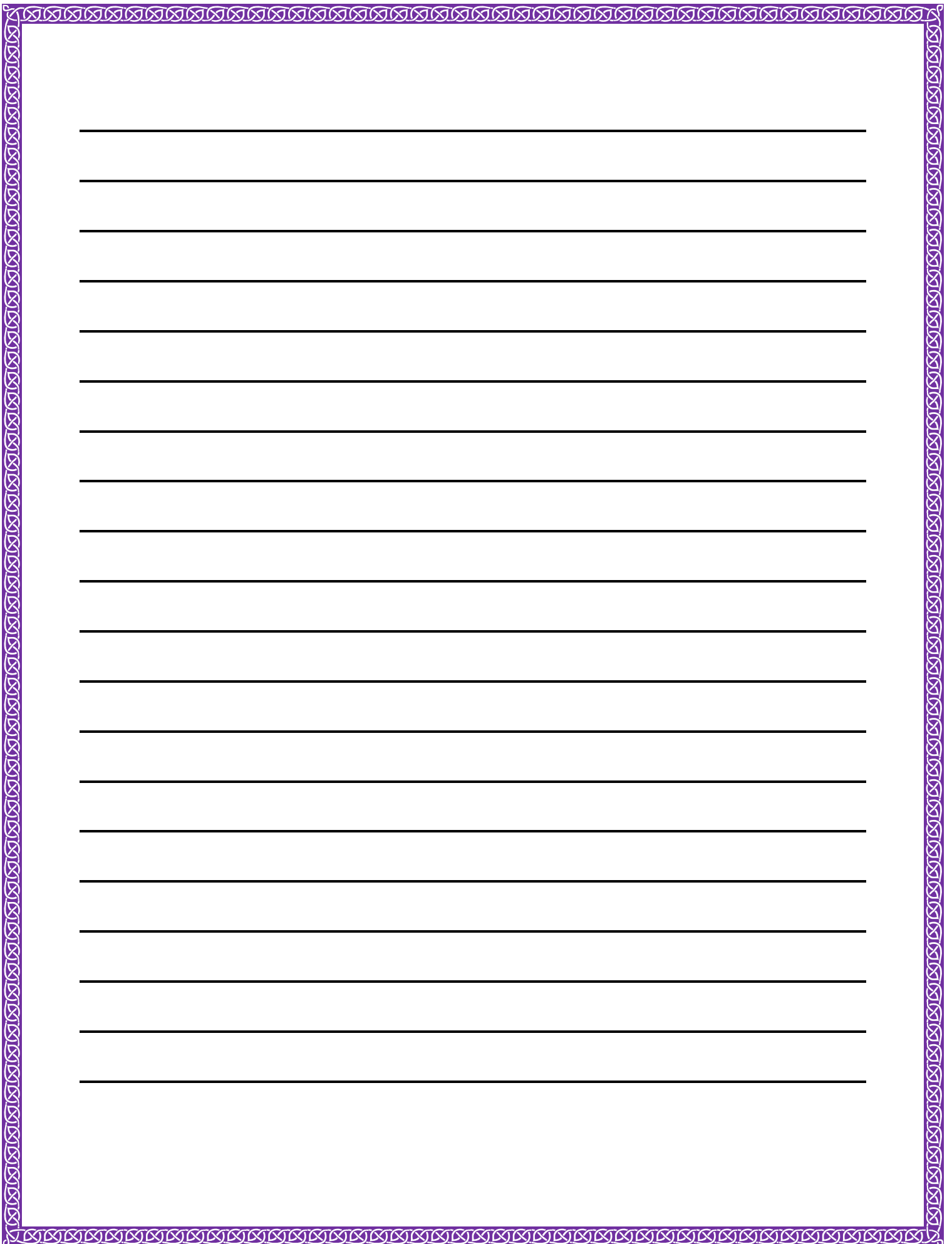
List 5 things you are not grateful for or want to change about yourself:

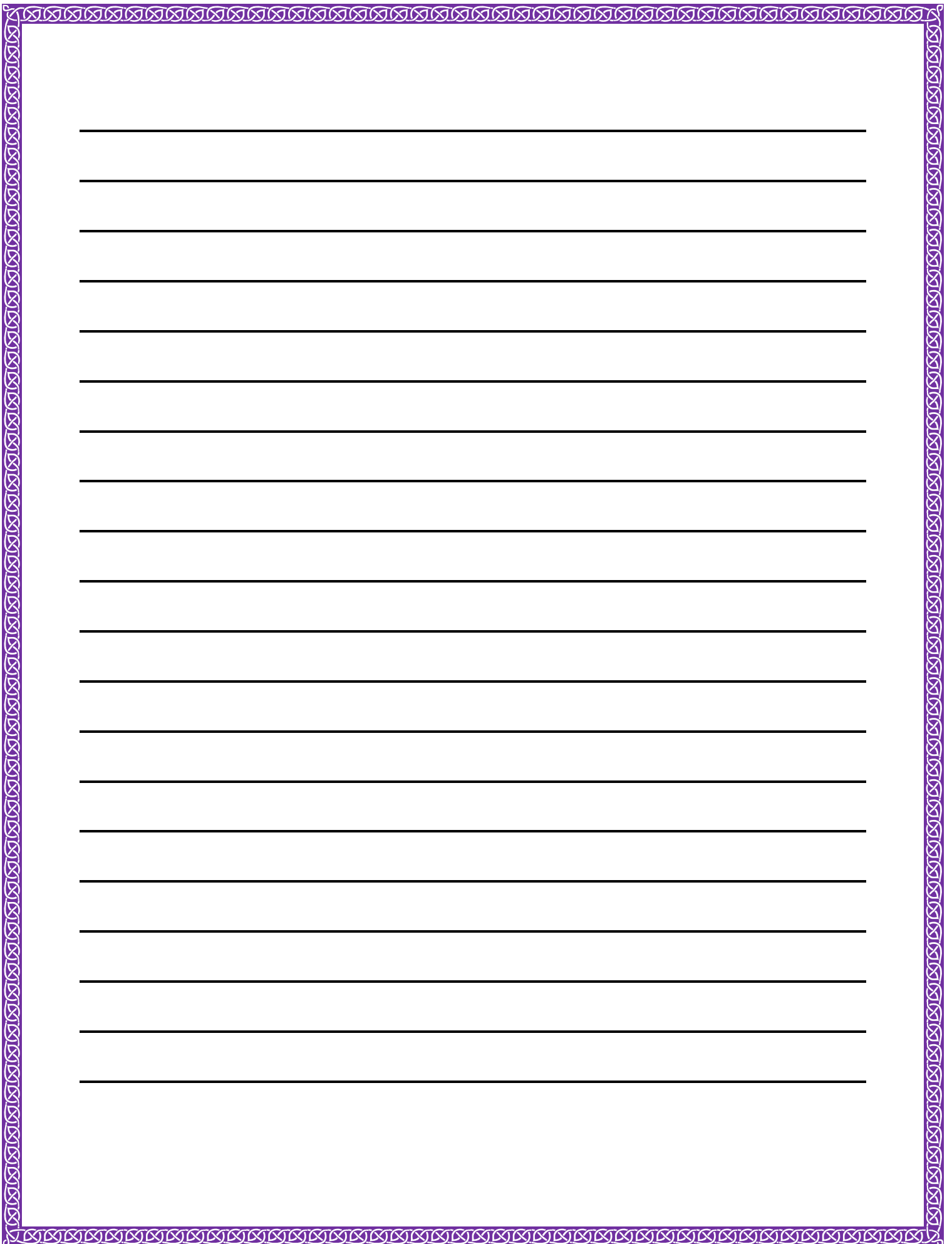
List 5 things you believe you have no control over:

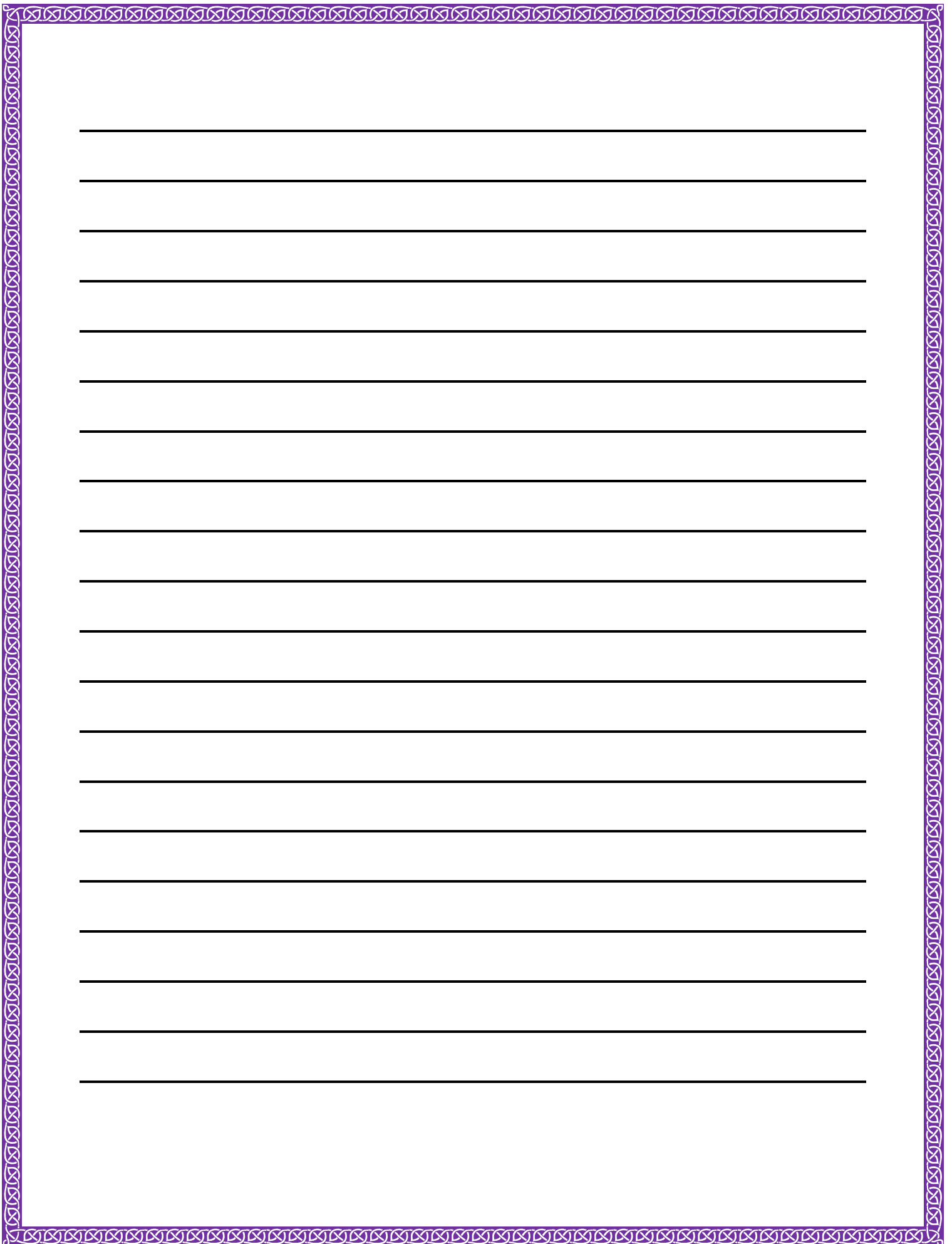
List 5 things you believe you can control about yourself:

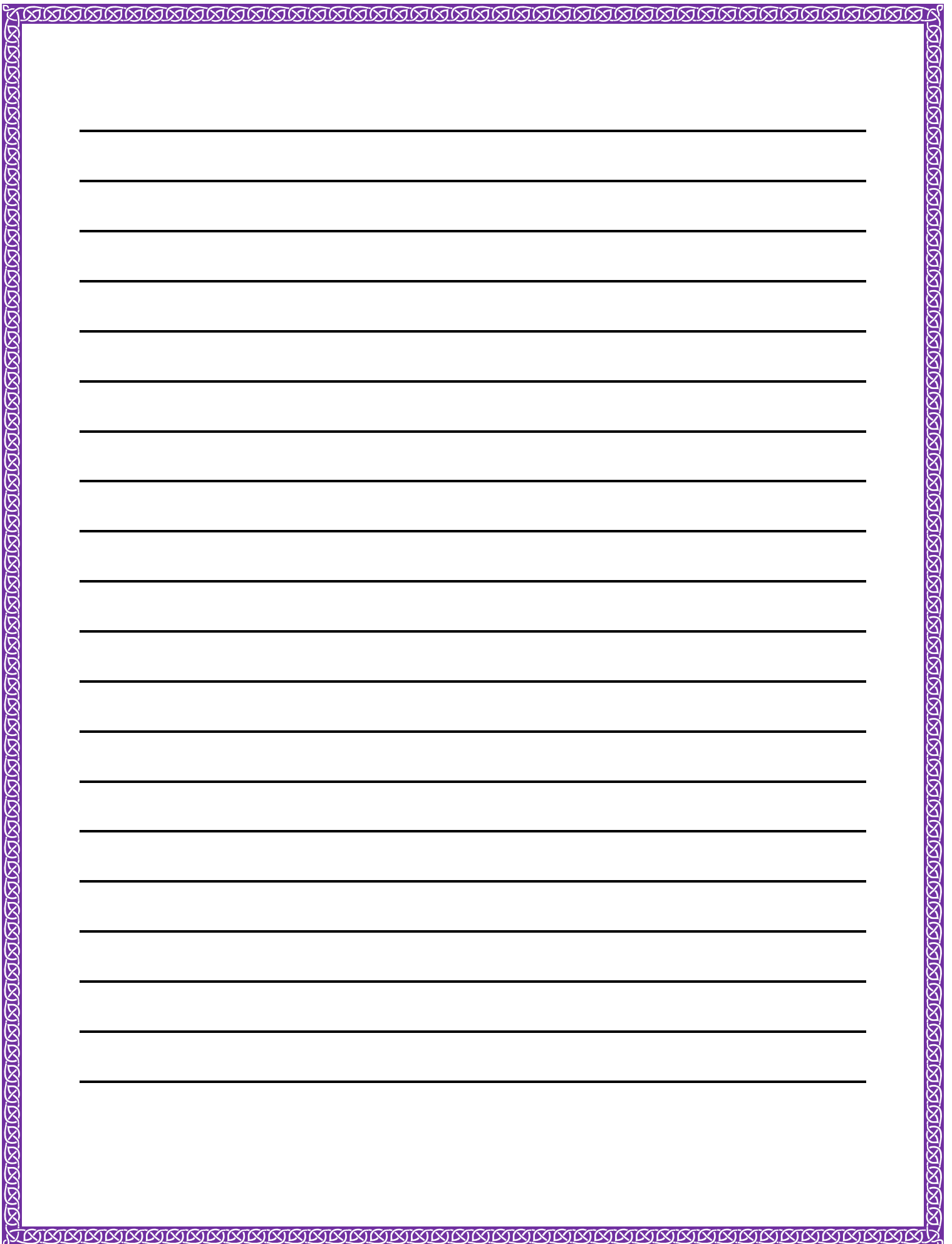




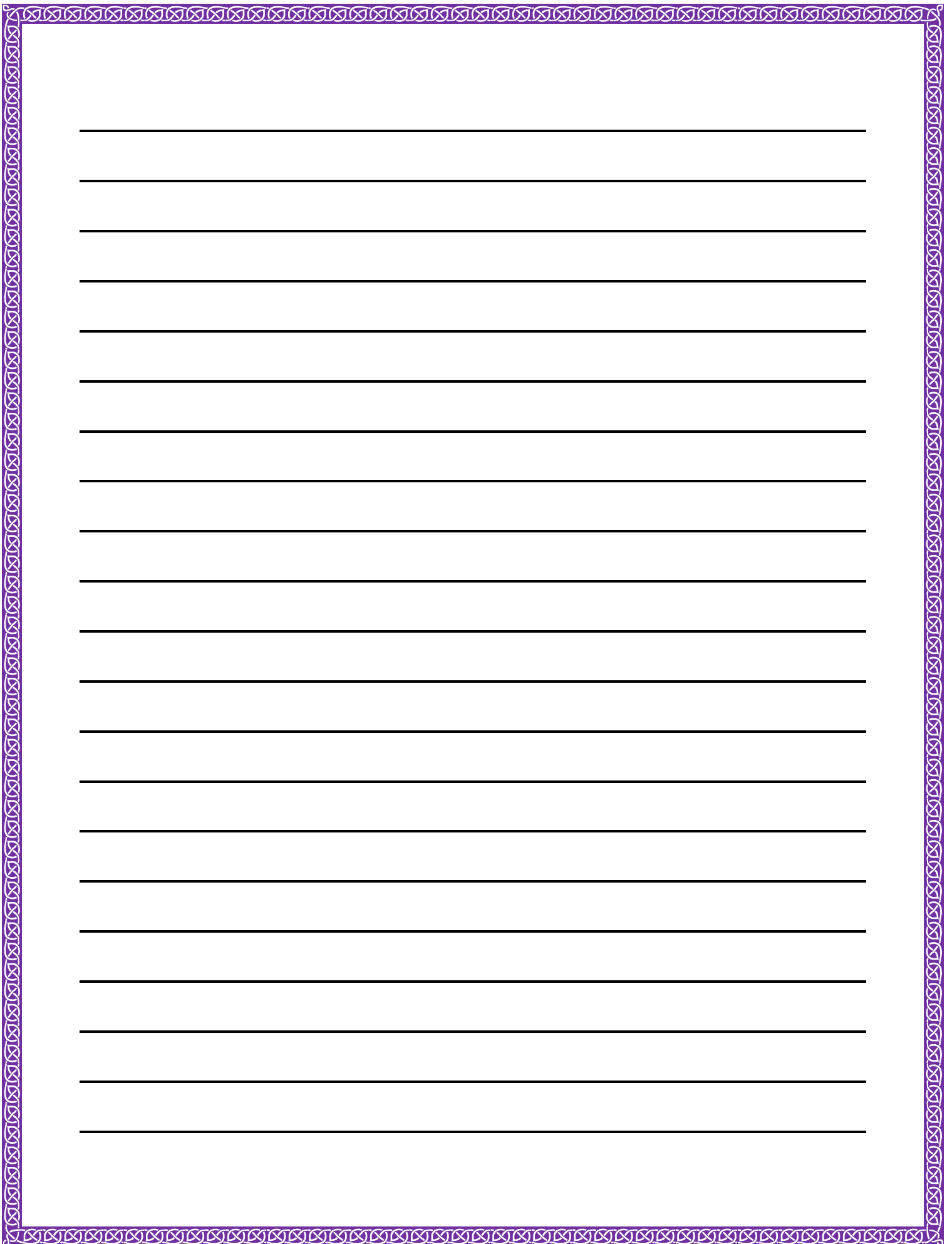


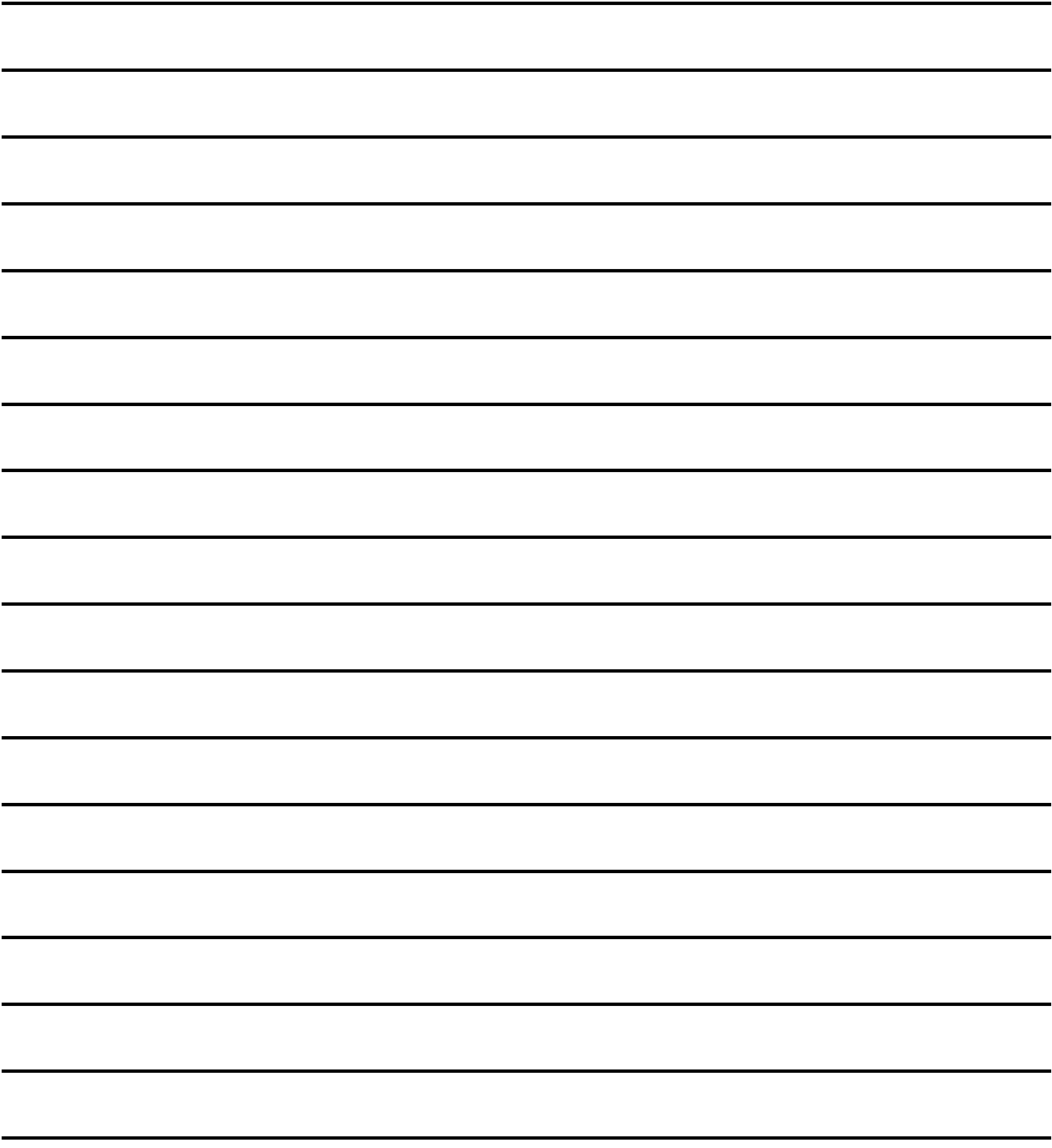






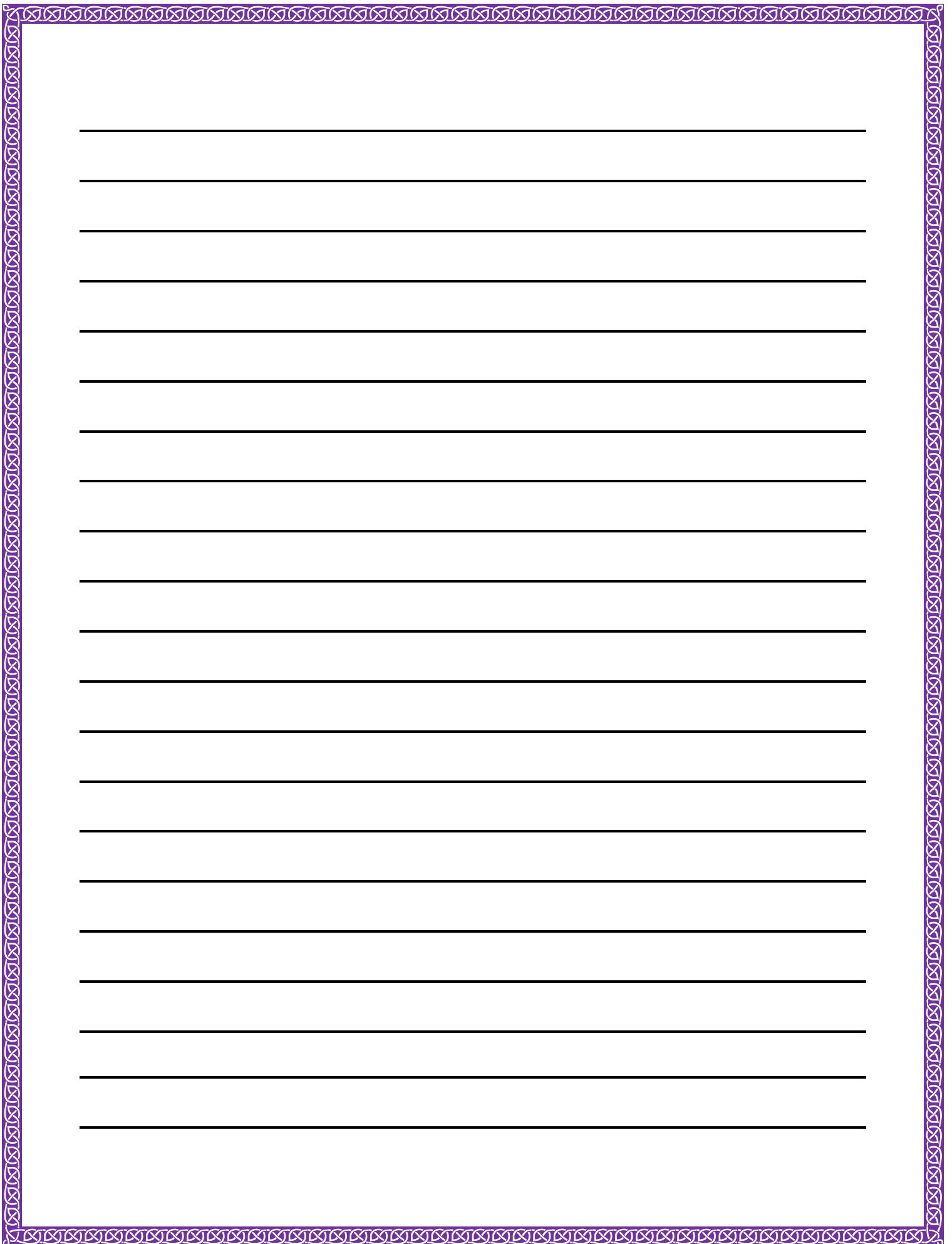
When am I most at peace and enjoy inner tranquility and serenity:



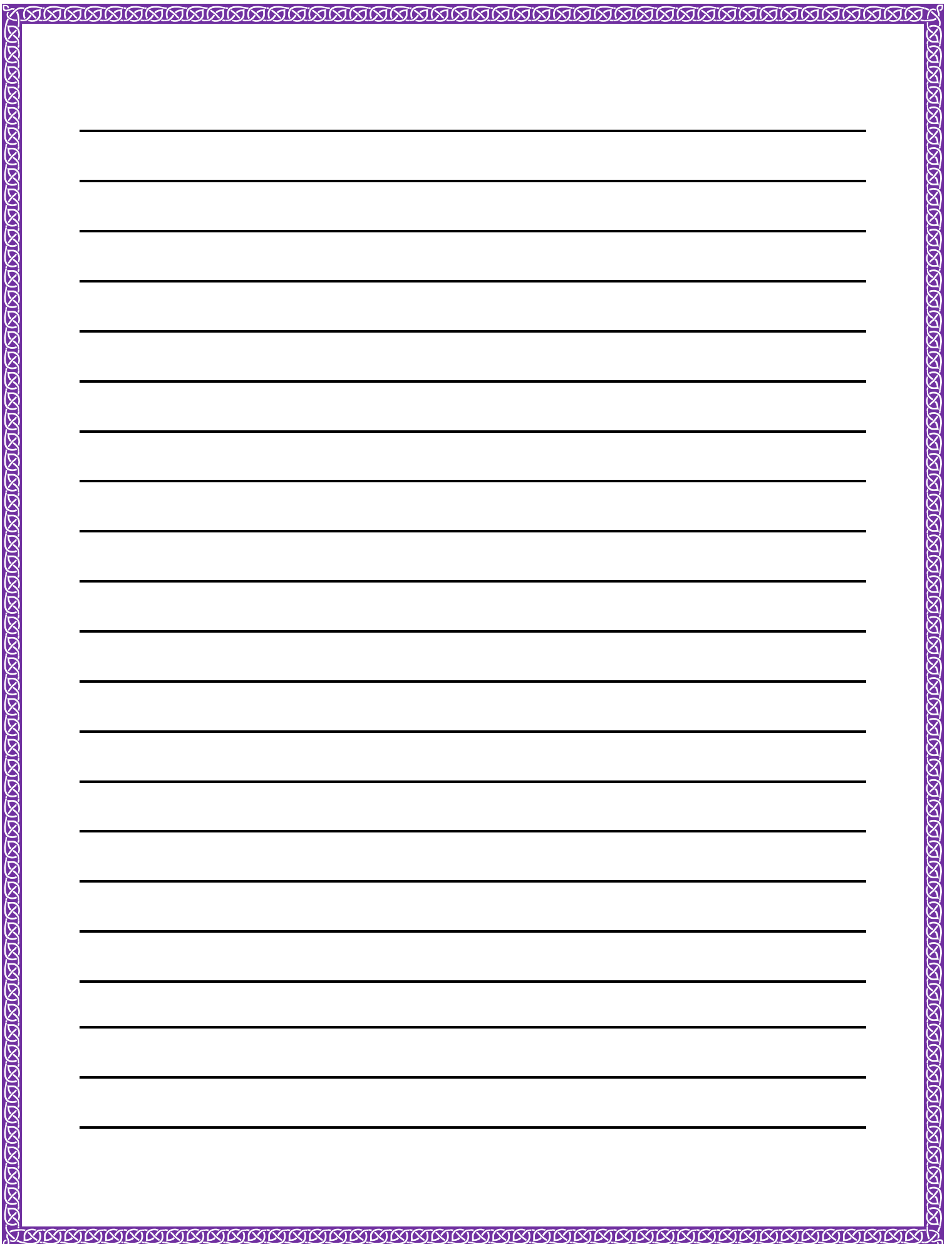


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Who do I envy or wish I was more like that person or have what they have:

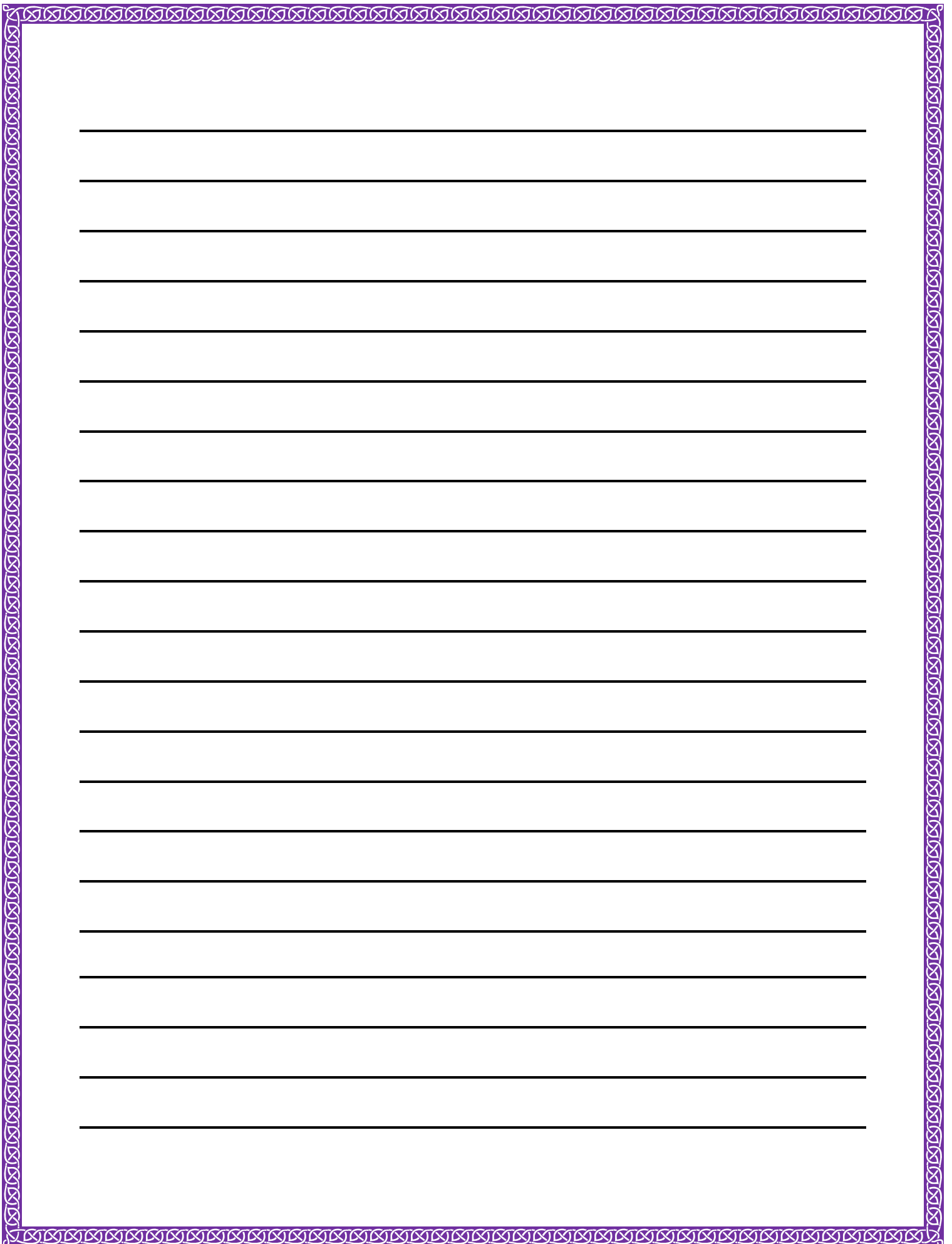


What causes me fear or anxiety:

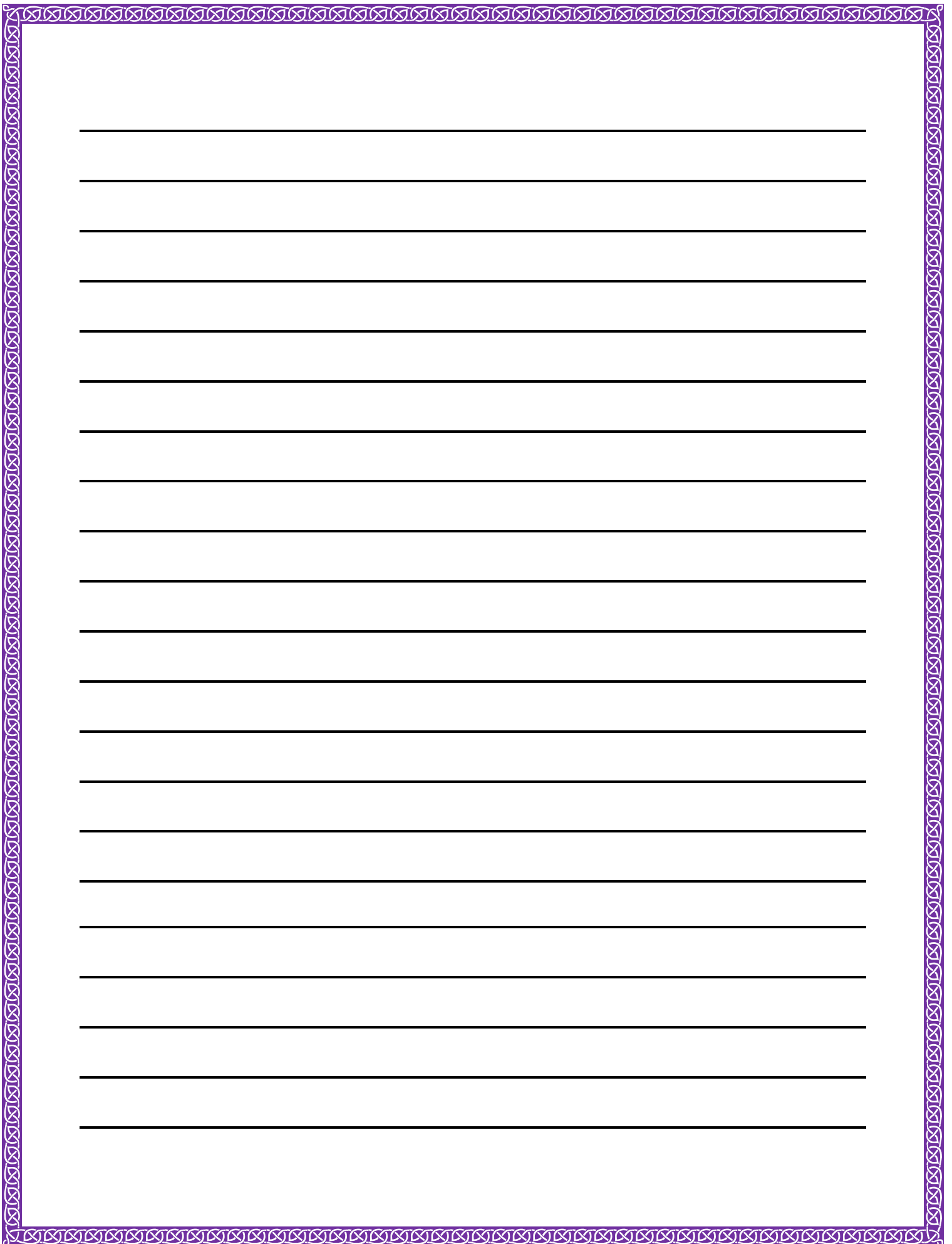


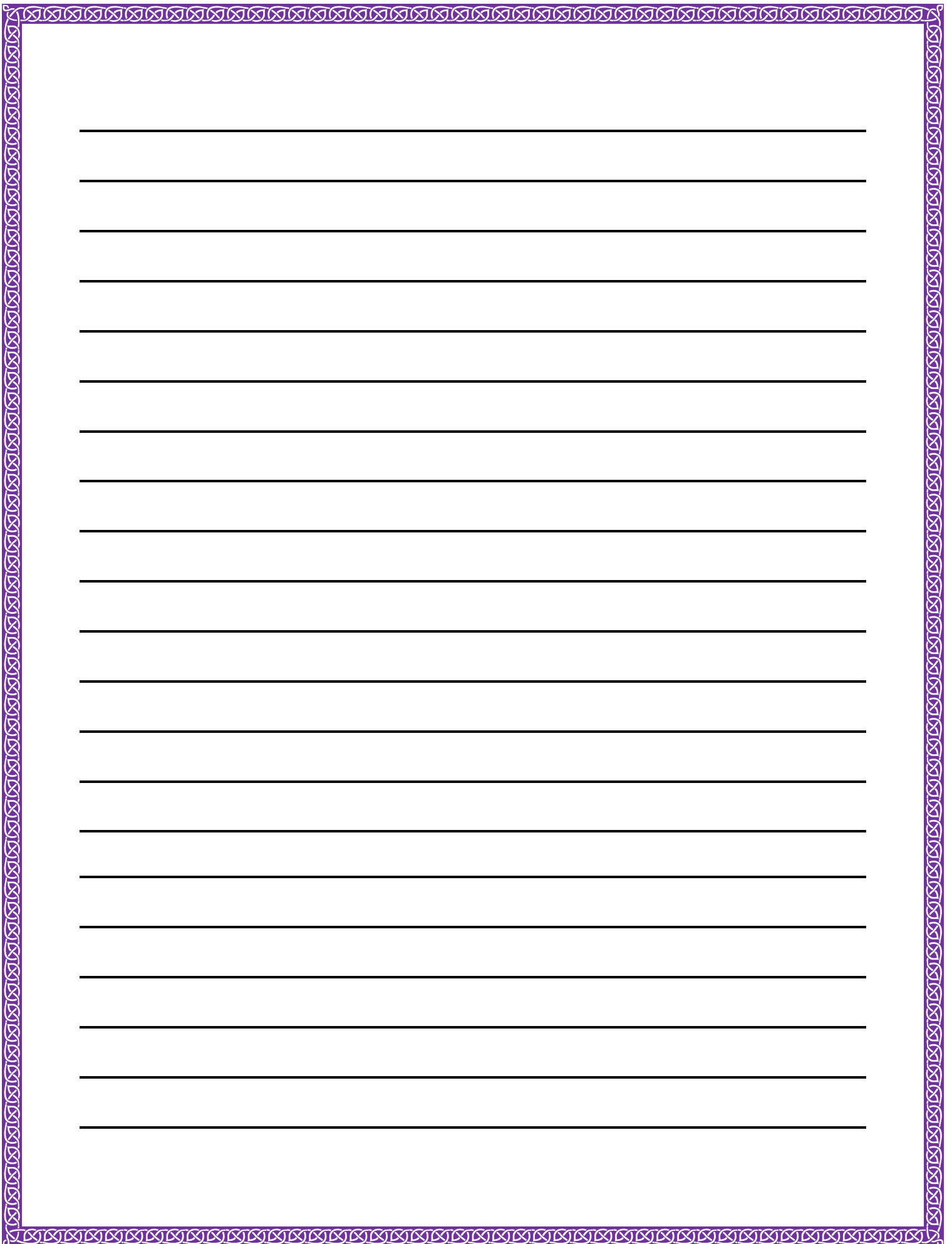


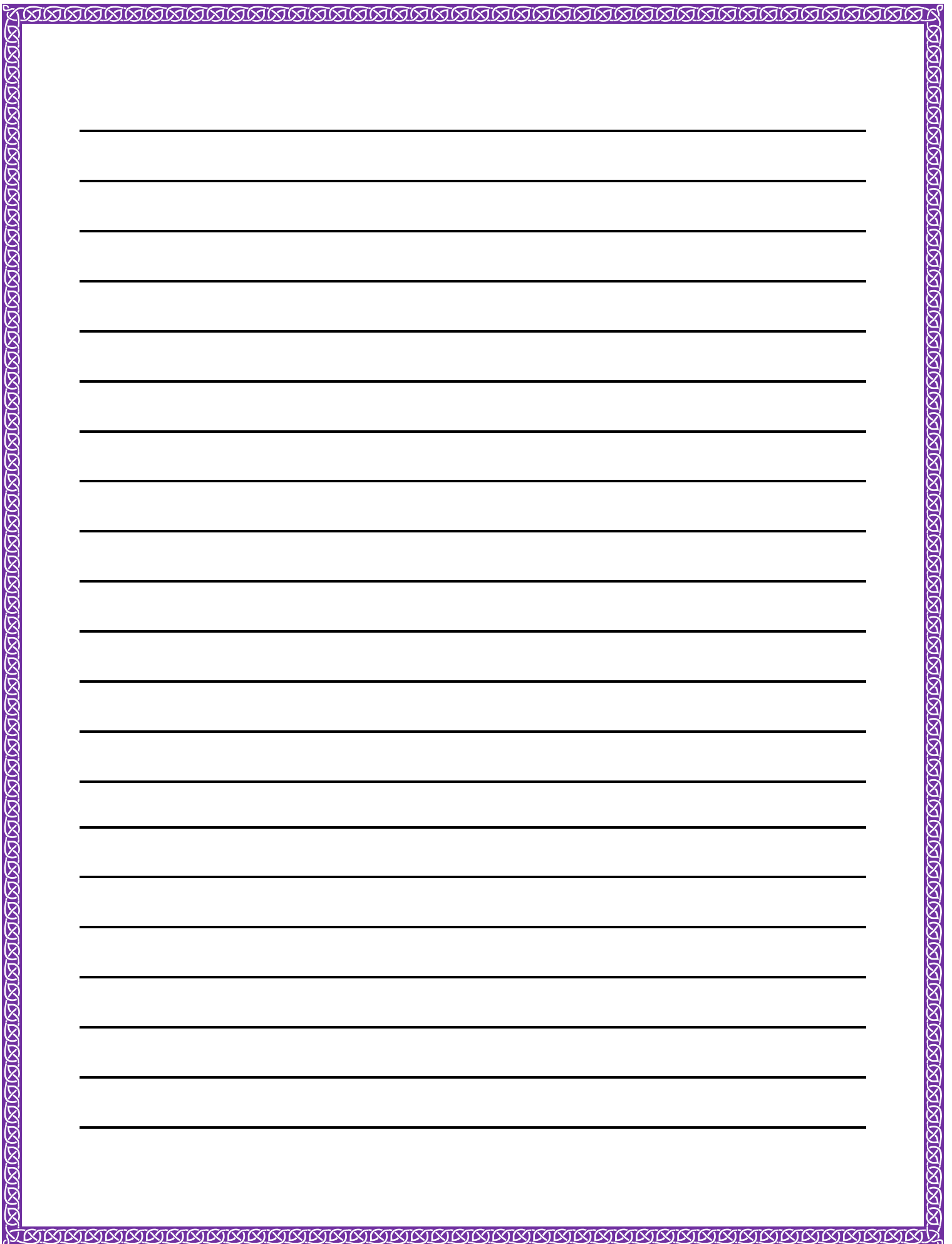
What causes me frustration:

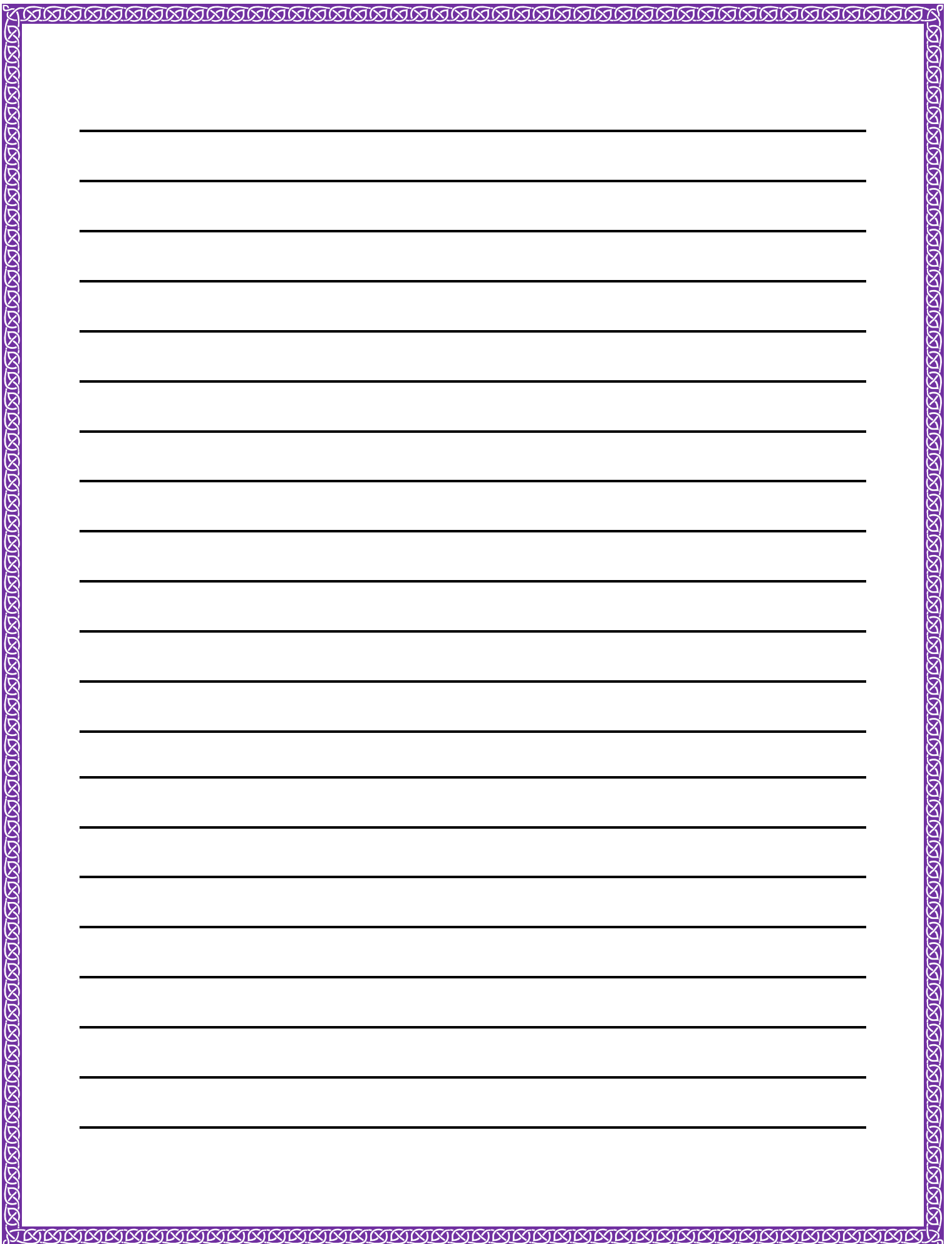


Are there supportive, loving and healthy people in my life (explain):

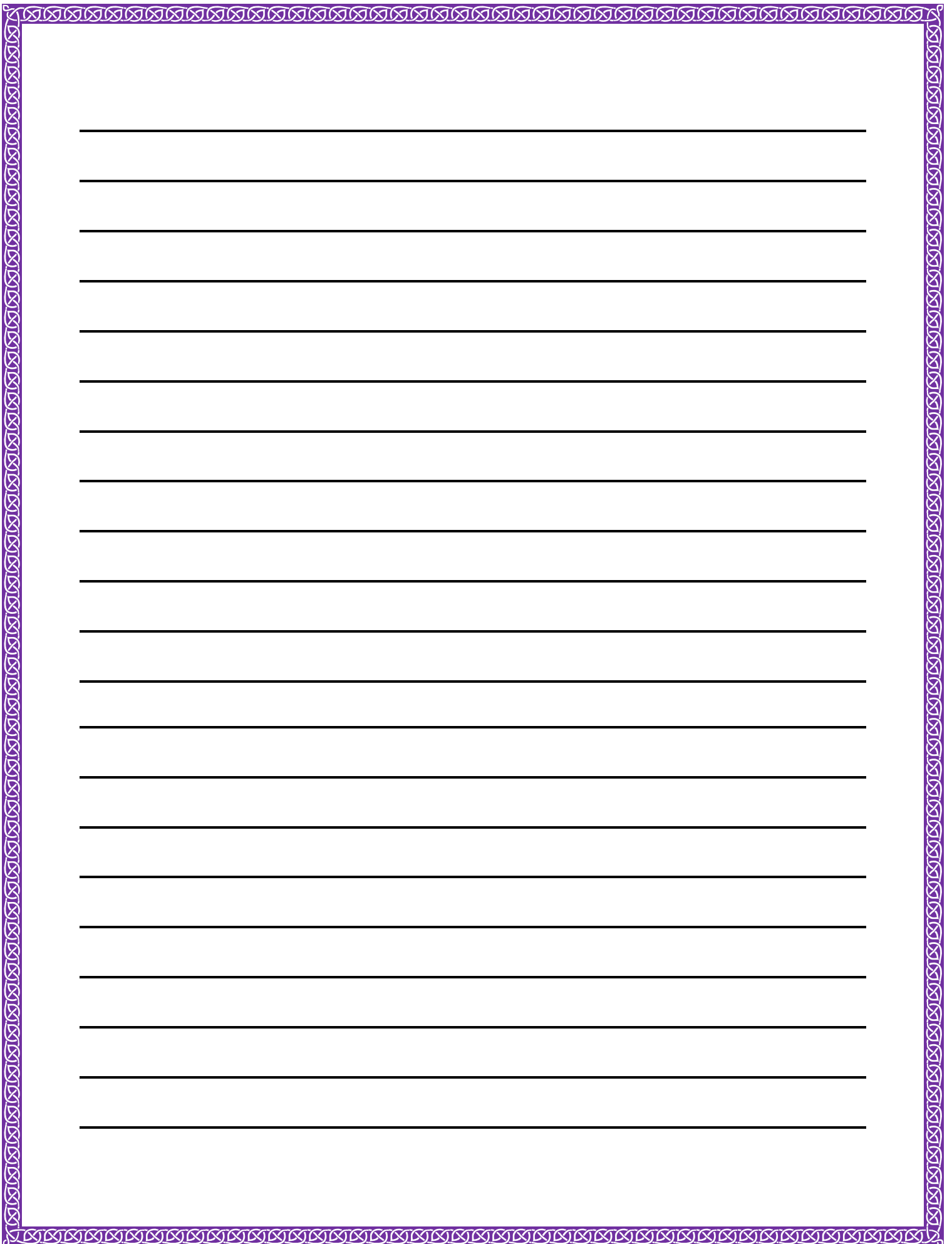








Am I making my own decisions or do I often seek approval from others:



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

- Resentful
- Self-centered
- Angry
- Self-doubting
- Close minded
- Self-pity
- Arrogance/Self-importance/Egocentric
- Self-condemnation
- Dishonest
- Envious
- Selfish
- Obsessive
- False pride
- Phony/fake/dis-genuine

