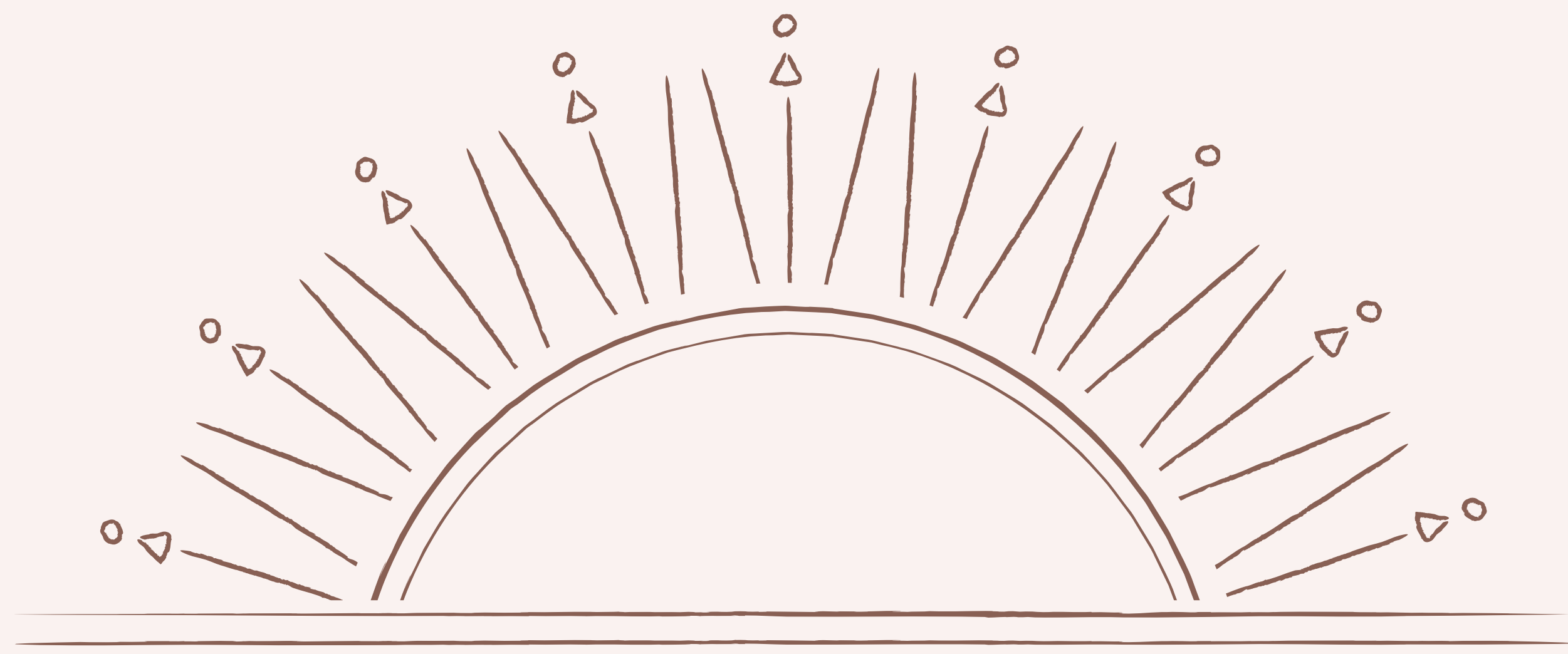

EXCLUSIVE WORKBOOK

Finding My Happy WORKBOOK

Colorism and Self Acceptance



Written by *Janet Michelle*

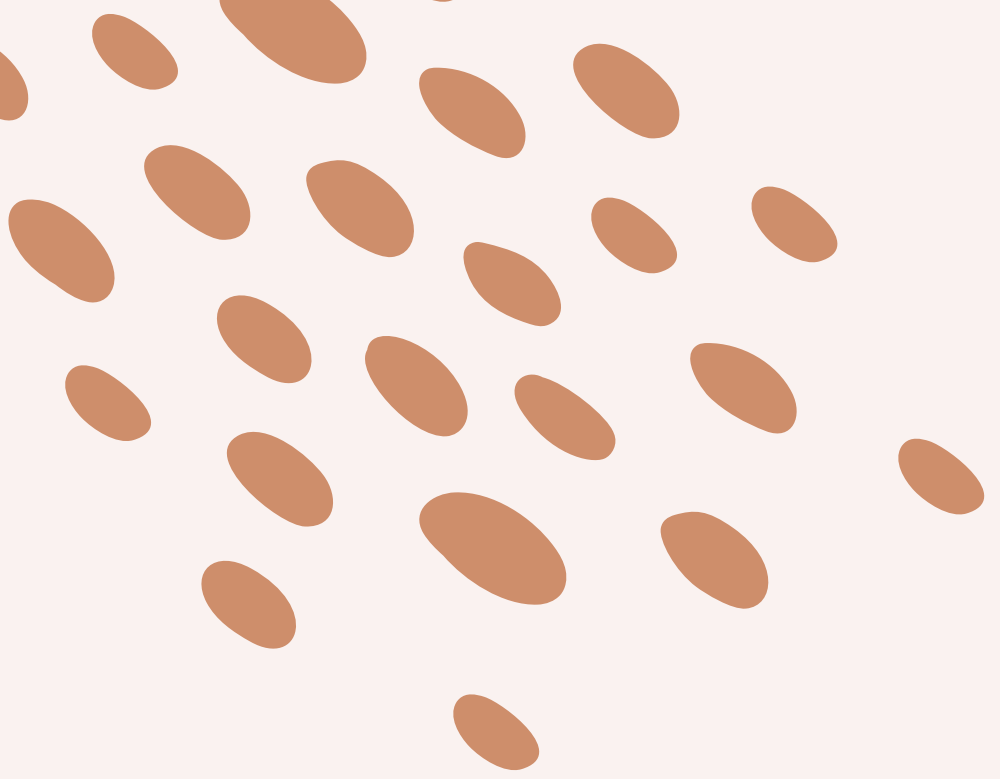


ABOUT THE

AUTHOR

Janet Michelle is a mother and author of *Finding My Happy*, *Chuckling the Deuces* to *Toxic Thinking*. Janet is an adult learning and design professional with a passion for uplifting and motivating people. Her hometown is the Beautiful St. Petersburg, Florida.

Janet Michelle



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Introduction

FINDING MY HAPPY WORKBOOK

The Finding My Happy Workbook is designed to document one's journey of self-improvement.

The decision to fix things that bother you is a major one. If done correctly, it can yield significant results. Inside, I share with you some personal stories of areas that I once struggled in. I also share with you how I overcame them. However, the essential part of the workbook are the exercises to begin the self-work towards happiness. There is power in authenticity. There is power in self-love. There is power in no longer allowing negative thoughts to hold you back! Make the decision today to seize that power!





Colorism & Self-Acceptance

Colorism & Self-Acceptance



Life experiences and societal clues that I experienced as a child helped to shape my view of things. It was very apparent in the way I valued my image. As a child, some things were foreign to me until pointed out. Growing up as a dark-skinned little girl was quite interesting. Adults seemed to adore my dark skin. I would often hear, “Oh, she is so cute for a dark-skinned girl” or “Oh, look at the little piece of chocolate.” My peers were a different story. One day my brother, his friend, and I were walking home from school when I heard my brother’s friend ask him, “Is that a boy or a girl?” My brother replied, “A girl, that’s my sister.” The boy turned while responding, “Oh, she is so black.” I hear this entire conversation as we walked home.

The playground was another cruel place. I was called any insulting thing you could call a dark-skinned girl, blackie, tar baby, African bootie scratcher; the names went on and on. Eventually, the adoration of my beautiful black skin faded, and the negative comments grew louder. So loud that they managed to plant some deep toxic roots. As the negativity expanded, the desire to recognize that I was beautiful grew deeper. I needed to learn how to appreciate the beauty of my dark skin.

As I started to mature and gain interest in the opposite sex, self-appreciation became important. Sure, some nice guys were smart enough to appreciate me for who I was; however, what registered greater was being dumped on several occasions by guys for lighter complexion girls. To complicate matters even further, my sister was light-skinned and never had a problem getting a boyfriend. I began to view myself as an undesirable person. I also began to despise light-skinned girls, my sister included. I said I was transparent, right? I allowed those break-ups to define how I viewed myself. I found myself in a constant state of comparison. The desire to be wanted and found attractive was very deep. I assigned attention from the opposite so much value that I craved it.

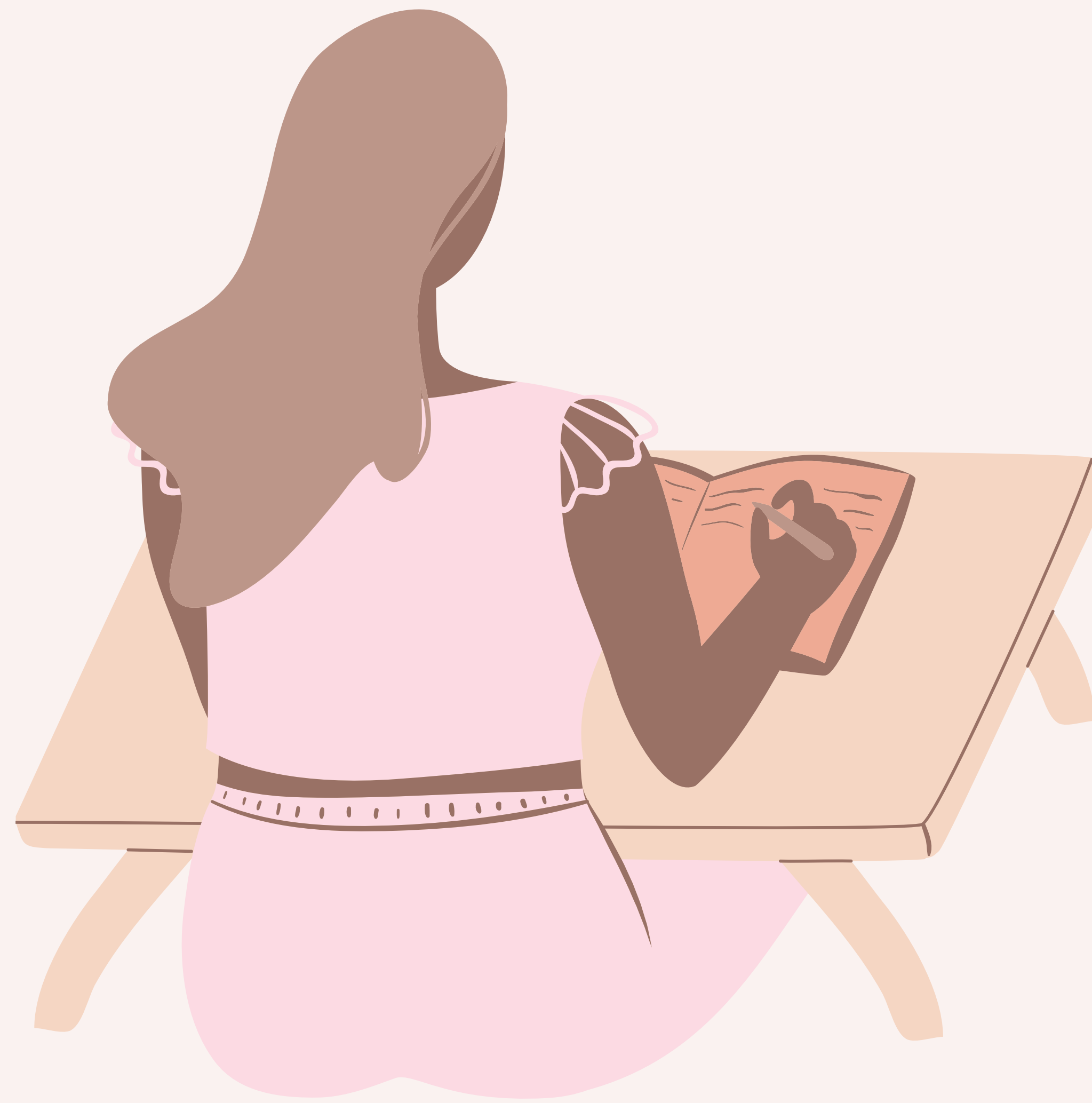
As I grew older, I got sick and tired of the mental gymnastics occurring in my mind concerning my skin color and attractiveness. I began to practice not comparing myself to others. The minute the comparison would try to arise, I would say within, “your skin is fine, and you are beautiful.” Comparing oneself to others is so unhealthy because you have no idea what battles others are facing. I did not need to put someone else down to feel better about myself. I embraced the fact that comparing myself to other people was pointless.

I had to learn how to tend and grow my garden and watch my flowers bloom. Also, I had to acknowledge that those fair-skinned girls were no more responsible for their skin tone any more than I was mine. I had to abort the bitterness, envy, and jealousy that I had allowed to fester over the years. I realized that if a person couldn't see past the complexion of my skin tone, that was their problem. I learned how to appreciate the richness of my skin. I started celebrating my melanin unapologetically. I no longer walk with my head hung down.

I frequently affirm that my black is and will always be beautiful. I can finally look into the mirror and love the woman that's staring back. I'm finally, in the words of Mary J. Blige, "Just Fine". I stopped valuing the acceptance of others and began to see how God saw me, fearfully and wonderfully made.

Reflection

HAPPINESS IS AN INSIDE JOB



In what ways have my childhood or adulthood experiences shaped the way
I view myself?

WorkSheet.

HAPPINESS IS AN INSIDE JOB

01

List three ways you plan on honoring yourself

02

What are things you love about yourself.

03

What are three things you desire to change about yourself.

04

What actionable steps will you take to change?

05

Write a love letter to yourself then, mail it to yourself.



Affirmation

My beliefs about
myself are more
important to me than
the beliefs of others.

@FINDINGMYHAPPY.JM



Affirmation

By honoring myself,
I require that others
honor me.

@FINDINGMYHAPPY.JM



Affirmation

I am fearfully and
wonderfully made.

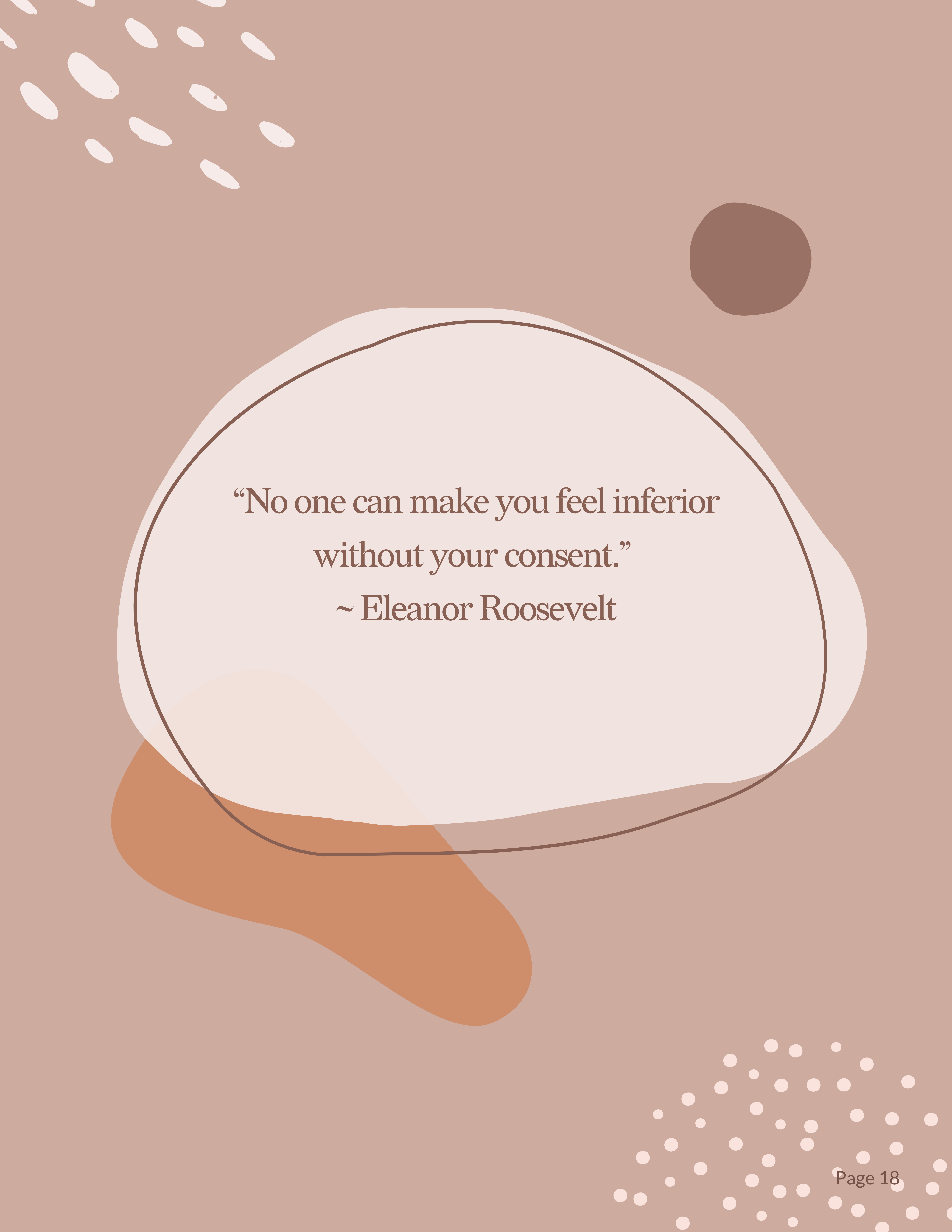
@FINDINGMYHAPP.JM



Affirmation

**My black is and will
always be beautiful.**

@FINDINGMYHAPPY.JM



“No one can make you feel inferior
without your consent.”
~ Eleanor Roosevelt

Self Care Checklist

TICK THE THINGS YOU'VE DONE RECENTLY OR WANT TO DO

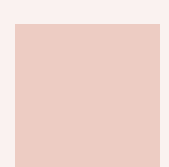
- TRY SOMETHING NEW
- GO ON A NATURE WALK
- MEDITATE
- MAKE A VISION BOARD
- CONNECT WITH FRIENDS
- WATCH YOUR FAV MOVIE
- HAVE A LONG NAP
- GIVE YOURSELF CREDIT
- PRACTICE DEEP BREATHING
- TAKE YOUR MEDICATION
- PLAN A FUN DAY OUT
- CALL A FAMILY MEMBER
- WRITE IN A JOURNAL
- COOK YOUR FAV FOOD
- LIGHT A CANDLE
- WRITE DOWN THINGS
- COMPLIMENT A STRANGER
- DANCE TO MUSIC
- EAT NOURISHING FOOD
- GO TO A WORKOUT CLASS
- TAKE A BREAK
- BUY SOMETHING GOOD
- READ A BOOK
- SAY YES TO SOMETHING FUN
- CUDDLE A PET
- DECLUTTER YOUR SPACE

NOTE

Gratitude Journal

AN OPPORTUNITY THAT YOU HAVE TODAY





SOMETHING GREAT THAT HAPPENED OR YOU SAW YESTERDAY





AN OLD RELATIONSHIP THAT REALLY HELPED YOU





NOTE

Great Month

IT'S A GOOD MONTH TO HAVE A GREAT MONTH

Month:

Day	Morning Intention	Evening Reflection

Great Month

IT'S A GOOD MONTH TO HAVE A GREAT MONTH

Month:

Day	Morning Intention	Evening Reflection

THANK *Thank You!* YOU

I hope this workbook was helpful. Thanks for downloading. For uplifting and empowering content follow @findingmyhappy.jm. Subscribe to my awesome email community at findingmyhappy.net

Sincerely,

Janet Michelle

