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EXCLUSIVE WORKBOOK

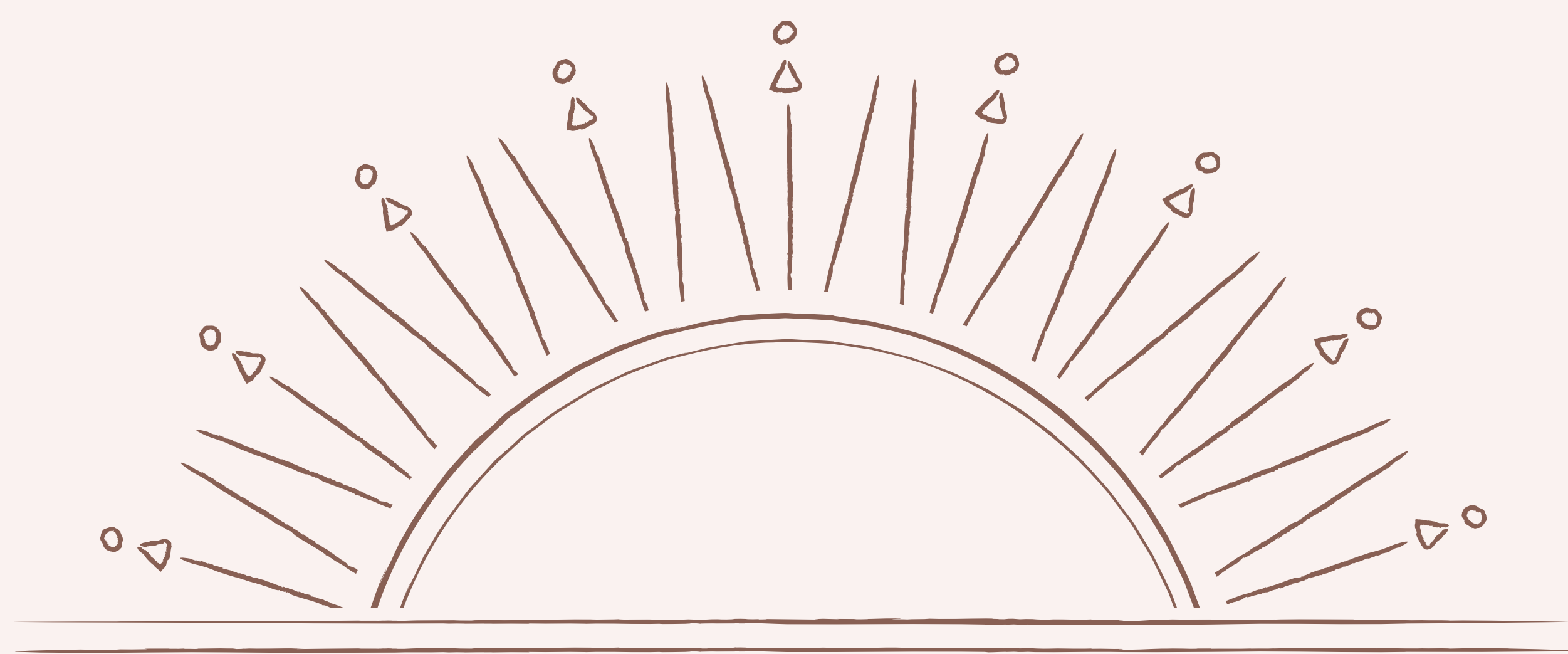
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# Finding My Happy WORKBOOK

*Ownership and Release*



Written by *Janet Michelle*



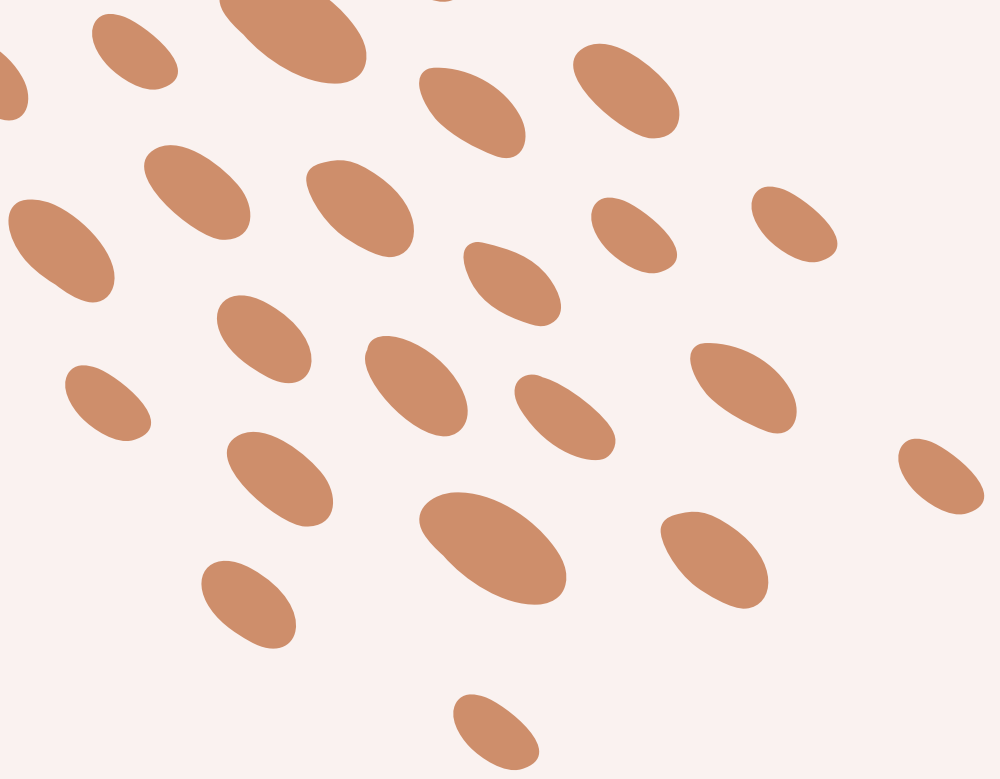
ABOUT THE

# 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!





# Ownership & Release



# Ownership & Release



I was the middle child and had no problem sticking up for my sibling and friends. I guess that is how my advocacy spirit was birthed. People would always tell me, Janet, you wear your heart on your sleeves, and you cannot do that, or you will continue to be disappointed. I would defend you until the end of the earth. Your problem was my problem, and it was my duty to help you solve it. I know I majored in Social Work, but I didn't expect to work that role in relationships and sometimes to my detriment.

There was something about me that made people comfortable sharing things with me. I was taking on everyone else's problems despite having my issues. I was so busy trying to be a pillar of support but had a crack in my foundation. Learning how to be there for people without taking ownership of their problems was big for me.

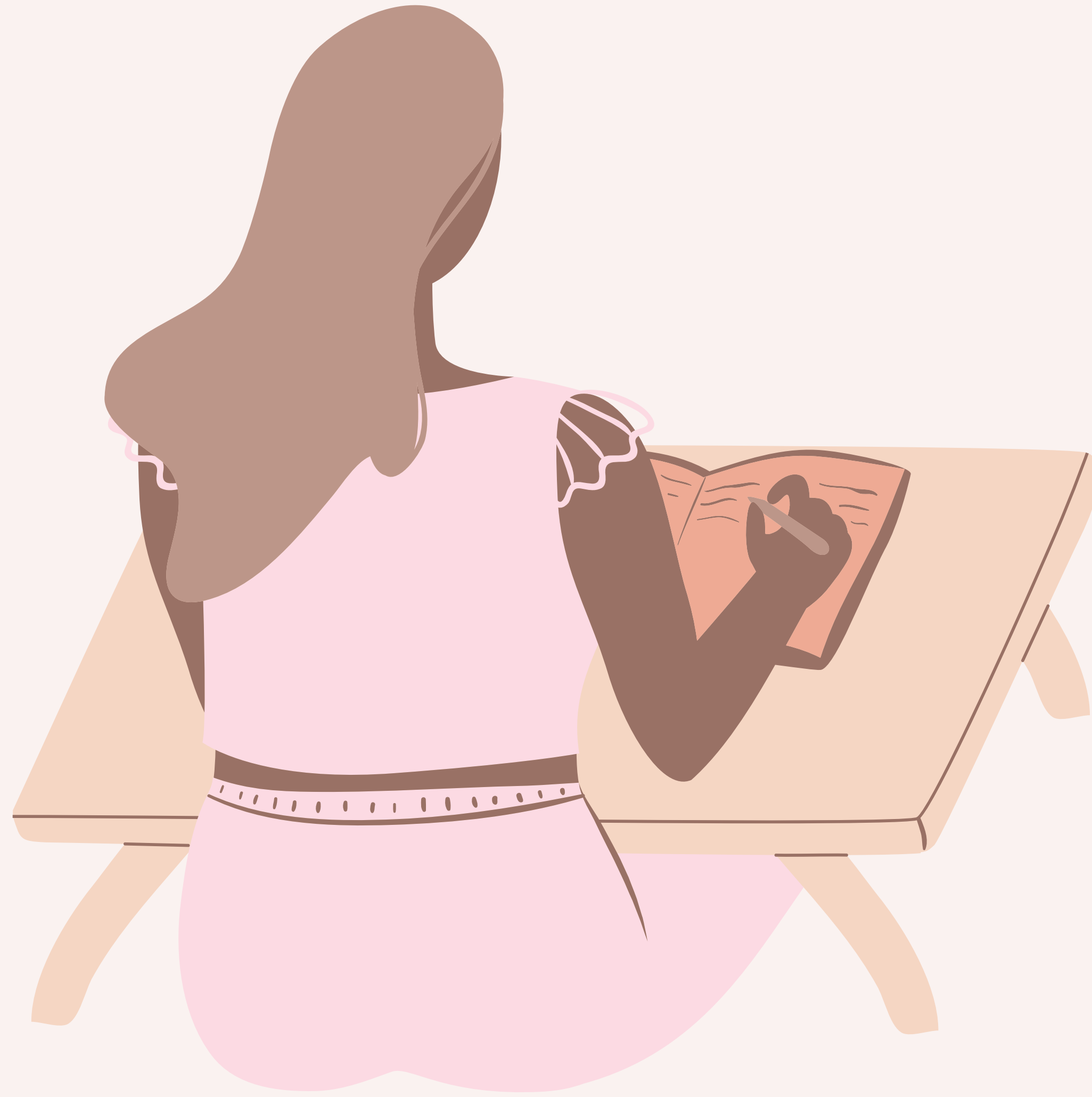
Getting this lesson was vital to me finding my happiness and keeping it. There always seems to be a "straw breaking the camel's back" scenario in my life. This particular time, I was having a conversation with someone and sharing with them my observations of their drive. I shared with them that they did not seem to be putting forth as great of an effort as I knew they could regarding their situation. I gave them specific examples and shared how I thought they were making excuses regarding their current state. . This person was on the cusp of experiencing a life-changing event and needed to be as financially prepared as possible. I was worried about them and their decision-making, to the point I started to do some of the heavy lifting related to the problem. Then it hit me, why am I getting so worked up about this? If they don't seem to be bothered by it, why am I? If they were not exerting a decent amount of effort, why should I?

I realized that their issue was not my problem to fix. As with so many other people I have come across in life, their problems were not my issues to resolve. Finally, I had figured out why the brain wrestle was a losing battle. I had too much on my mind being too worried and concerned about other people's issues. I made their issues my issues. Honestly, this is why I had no trouble dating certain people. I saw their potential, believed in their dreams, and wanted to help them reach them regardless of the red flags present in the relationship. The change didn't come overnight. People were so used to me fixing stuff that my stepping back was a shock to them. Some accused me of being an uncaring, unloving, selfish, and entire host of other names that I care not to write because it no longer matters. I learned how to be a better listener and only offer suggestions when others requested. I realized that I could still be the cheerleader and did not need to put on pads or get on the line of scrimmage. I developed a greater understanding of balance and boundaries as they related to being there for others. Injecting myself when not asked, I considered that to be overstepping the boundaries of others. Taking on too much to the point where I was neglecting myself interfered with my inner balance.

One day I was hanging out with a friend, and they were handling some plans on their end for us. An issue arose, and the first thing they said to me was, “do not worry about anything, it is not your job, and I got this.” Humph, didn’t have to tell me twice. I let that conversation remind me to stay on the right path of not taking ownership of things unnecessarily. Trying to put out all of the little brush fires will leave you with no water for the forest fire, lesson learned. It was toxic for me to accept ownership of other people’s problems. I have truly embraced the phrase “not my monkeys, not my zoo.”

# Reflection

OWNERSHIP & RELEASE



What bothers me about not being in control?

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# Worksheet

## OWNERSHIP & RELEASE

01

Make a list of issues that you have taken ownership of that don't belong to you

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02

How will you return those issues to the rightful owner?

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03

How will you practice validating your feelings

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04

Do you have a fear of missing out on things? If so, why?

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05

How will you practice prioritizing your own issues?

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# *Affirmation*

I focus on what's  
important to me

@FINDINGMYHAPPY.JM



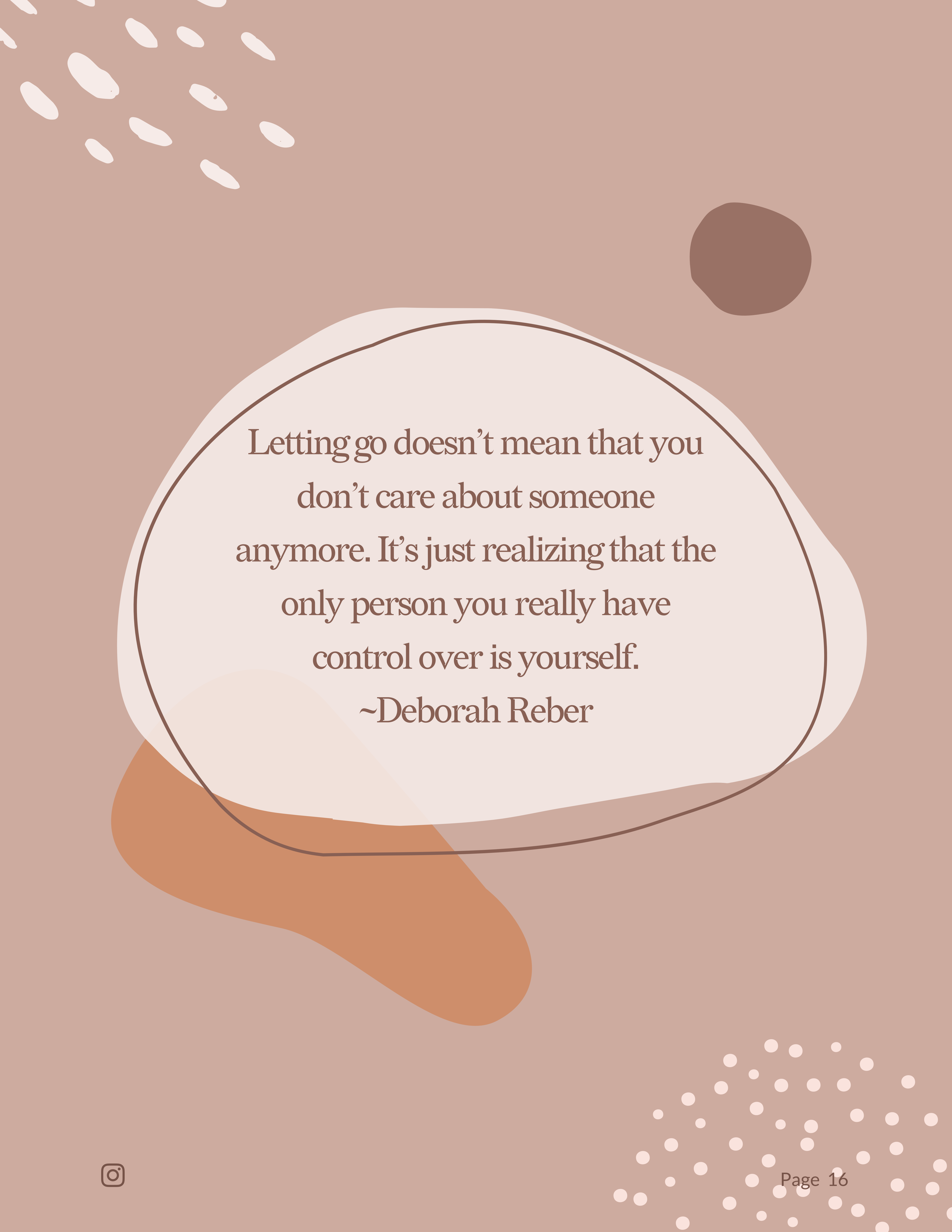


# *Affirmation*

I can't control what happens, but I can control how I respond

@FINDINGMYHAPPY.JM





Letting go doesn't mean that you  
don't care about someone  
anymore. It's just realizing that the  
only person you really have  
control over is yourself.

~Deborah Reber





# 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

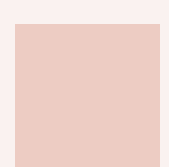
NOTE

# Gratitude Journal

AN OPPORTUNITY THAT YOU HAVE TODAY



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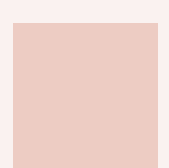


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SOMETHING GREAT THAT HAPPENED OR YOU SAW YESTERDAY



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AN OLD RELATIONSHIP THAT REALLY HELPED YOU



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NOTE

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# 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](http://findingmyhappy.net)

Sincerely,

*Janet Michelle*

