

# WORKBOOK



Haneef R Jordan

@thestylemomager



# A NOTE FROM THE AUTHOR

WELCOME, MY BEAUTIFUL FRIEND.

Hello Beautiful people my name is Haneef R Jordan the founder of this amazing non-profit. I'm excited to share my journey and assist you all in building the inner YOU! When you build yourself up your able to see your whole family thrive. Together we can combat the stigma of the broken family unit. And bring healing to families by fostering positivity of self -image and self-love. In this workbook we will cover building the inner you, uplifting the family unit, self-love & self care . It is enormously important that we learn to deal with our true selves. We can not give what we do not posses. We must seek help when needed. And with these tools you will be able to be the best you, YOU! can be. Let us Get started we are rooting for you! (Let us be honest) getting real with oneself will bring up all kinds of emotions. So, I encourage you to get a journal when those emotions start to Surface Now let's GO!!!

*Haneef R Jordan*  
Haneef R Jordan  
Founder of The Stylish Momager



# CHECKLIST

THE STYLISH MOMAGER

Be sure to read each section and check off what you've completed along the way.

- READ INTRODUCTION
- COMPLETE BUILDING THE INNER YOU
- COMPLETE UPLIFTING THE FAMILY UNIT
- COMPLETE SELF- LOVE & SELF CARE JOURNEY
- COMPLETE TAPPING INTO YOUR GIFTS
- COMPLETE CREATING A POSITIVE MINDSET
- REVIEW YOUR ANSWERS
- TALK WITH LOVE ONES ON WHAT YOU DISCOVERED
- HAVE A GLASS OF WINE!
- ENJOY THE REST OF MY DAY

# BUILDING *workbook* YOU

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# BUILDING

## THE INNER YOU!

### Building the inner you INTRODUCTION

By building the inner you. You must first be willing to get honest! Real and ready to do the work.

By being honest with where you are now. Mentally, Emotionally, and spiritually. Are you even in a healthy mindset? What can you do to change the way you see yourself? Being honest about not only how you treat yourself. But the way you treat others. That usually shows up in our family dynamics. Your going to have to dig deep down when it comes this transformation. Realizing that a great deal of who you are now. Stems from when you were a child. Perhaps the way you were talked to by your parents/parent. The way other family members may have treated you. And what message that sent you all your life. You must get honest about any abuse you've experiences or have done to others. Oh yes! To build the inner, you. You have got to get to the layers of the issues you've been suppressing and or hiding from others and yourself. I get it, it's hard to lean on others and be so vulnerable.

That is why we offer family counseling and individual counseling. So, you all have a safe place to express yourself. Now let's get started, be sure to have your journals ready.



# WORKSHEET 1

## BUILDING THE INNER YOU

**Question #1:** Can you identify the issue?

**Question #2:** When did the issue begin?

**Question #3:** How has this issue shown up in your life?

**Question #4** What emotion comes up? Ie: anger, Tears, Frustration?

**Question #5** What are some truths about yourself?

**Question #6** Do you like yourself



# WORKSHEET 2

BUILDING THE INNER YOU

HOW OFTEN WILL I DO IT: SPEAK  
POSITIVE WORDS TO MYSELF

- Daily
- Weekly
- Monthly

STEP 1: WHAT I SAY TO MYSELF  
NOW?

HOW I WANT TO FEEL:

- Joyful
- Grateful
- Balanced
- Relaxed
- Loved
- Happy
- Other:

STEP 2: HOW I FEEL NOW?



# WORKSHEET 3

BUILDING THE INNER YOU

## INSTRUCTIONS:

Take a deep breath. Get honest and write down  
your negative thoughts, And then write what you can say as a positive affirmation

NEGATIVE THOUGHT:

POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:

POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:

POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:

POSITIVE AFFIRMATION:



# WORKSHEET 4

BUILDING THE INNER YOU'RE

**QUESTION #1:** What Truths are you hiding from others about you?

**QUESTION #2:** What lie do you replay in your mind daily?

**QUESTION #3:** What more could you do to Change the way you think of yourself and others?

# UPLIFTING FAMILY

*workbook*



# UPLIFTING

UPLIFTING THE FAMILY UNIT  
( ONE DAY AT A TIME)

## SECTION 2 INTRODUCTION

By choosing this path I want to be honest with you all. If you have children allow them the space to be honest of their experience of you. It will and can be uncomfortable. But in order for you all to grow things have to get uncomfortably so what God has for you can grow. With your spouse allow them to also be honest with no interruptions. Allow them to speak their truth of how they experience you. (REMEMBER it's their experience) May not be all right but it's what they see through their eyes. Cry if you all need to, but remain honest and respectful through this process. Remember your pulling back layers of things that manifest in our daily lives. And usually it has all to do with who we were before we even started a family. Something we have to unlearn. Because honestly they weren't healthy. Some of us were raised on survival not love. And that's a whole lot of trauma and loneliness attached to that period of your life. Now let's start this chapter and begin the healing of uplifting the family unit. One day at a time.



# UPLIFTING WORKSHEET 1

## CHALLENGES

**QUESTION #1:** What challenges are you struggling with at the moment?

**QUESTION #2:** Where will you be in five years from now if you change nothing at all?



# UPLIFTING WORKSHEET 2

MAKE THE CHOICE

**INSTRUCTIONS:** Imagine if you chose to change? if you choose to do better and be intentional about the way you not only love yourself but your family. What does that look like to you?



## Uplifting worksheet 3

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**INSTRUCTIONS:** This lesson should be with everyone. Children included, sitting at a table and ready to hear, receive, heal and love. Make this moment a no judgement zone.

**QUESTION #1:** WHAT DOES MY PARENTING LOOKLIKE TO YOU?

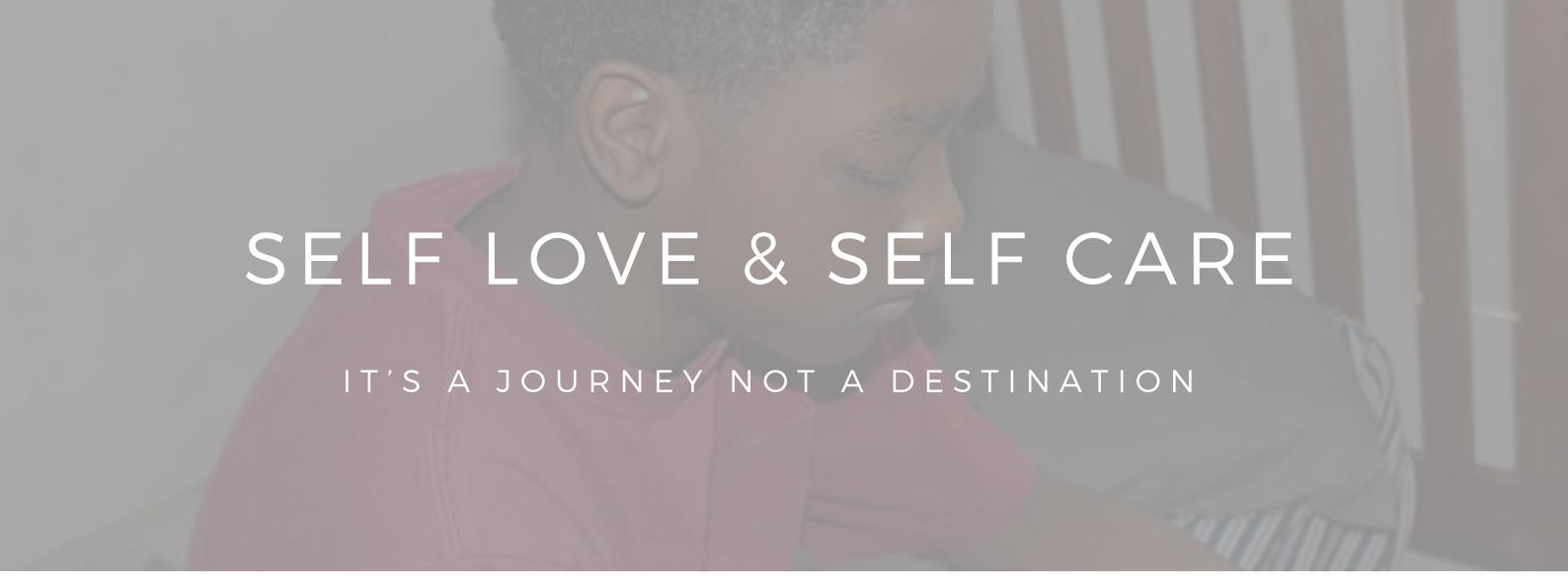
**QUESTION #2:** WHEN I SPEAK WHEN I'M UPSET. WHAT DOES THAT FEEL LIKE TO YOU?

**QUESTION #3:** WHAT CAN I DO TO BE BETTER FOR YOU TO FEEL LOVED?

**QUESTION #4:** WHAT WILL HAPPEN IF I DON'T TAKE THIS STEP?

**QUESTION #5:** AS A SPOUSE HOW DO YOU SEE ME? GOOD AND THE BAD.

# SELF LOVE workbook SELF CARE



# SELF LOVE & SELF CARE

IT'S A JOURNEY NOT A DESTINATION

IT'S A JOURNEY NOT A DESTINATION

Do yourself and your family a favor and remember this. Self love is a life long journey not a destination. You will have tools to use on your daily journey. But don't get caught up in thinking that it's a one stop destination because it's not. You have to remind yourself who you are in Christ daily. Because the world throws so many negative emotions and ideas your way. Imagine how our children are faced with so much negativity. We have to reinforce that they are loved, beautiful or handsome worthy of great friendships and wise counsel. They can do what they dream of as long as they understand it takes work and dedication. Nothing worth having comes easy. Not even a healthy loving family. It takes some work and so does self love and self care. We have to make sure that not only our spouses and our children see us taking care of ourselves. That we give them the space to do the same. Make it a routine. We owe that to ourselves so we can thrive in life. Listen, We die once, but we live every day. So chose life abundantly and be your biggest cheerleader.



Write down the changes you'll make below

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WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON

--	--	--	--

TUES

--	--	--	--

WED

--	--	--	--

THURS

--	--	--	--

FRIDAY

--	--	--	--



# THEN & NOW

CHANGE YOUR STORY

**INSTRUCTIONS:** Write down what your old story was and what your new story will be starting today.

OLD STORY

NEW STORY

# WHAT HAS THIS WORKBOOK TAUGHT YOU?

## ABOUT YOU AND YOUR FAMILY?



## MEET THE AUTHOR

### **HANEEF R JORDAN**

Haneef's Mission is to live in her purpose and do what God has called her to do. And that is to assist in the healing of others. By telling her truth to men and women. Getting us to a place in life that we release what has been holding us back. So we're able to THRIVE on our journey of life. And it has to start by us first being willing, to tell the truth.

Haneef's goal is to give you a safe place to do just that.

*“When you're walking in your calling you can deliver a powerful message”*

*- Haneef R Jordan*



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REMEMBER TO DO  
WHAT YOU LOVE &  
WHAT YOU'RE CALLED  
TO DO.

“GOD” DIDN’T “CC” THE  
WORLD ON THE VISION  
& PURPOSE HE GAVE TO  
YOU.

HANEEF R JORDAN