

YOUR SELF-SELFISH BLUEPRINT

IT'S TIME FOR YOU

1

WHAT ARE YOU NO LONGER AVAILABLE FOR THIS MONTH?
(Identify the energy drainers, patterns, or expectations you're done entertaining.)

2

WHAT FEELS LIKE LUXURY TO YOUR NERVOUS SYSTEM?
(Define what brings you softness, calm, and internal safety.)

3

WHO GETS PREMIUM ACCESS TO YOU IN DECEMBER?
(List the people or energies you allow into your protected space.)

4

WHAT DOES YOUR "SELF-SELFISH" VERSION LOOK LIKE?
(Describe her energy, boundaries, habits, pace, and presence.)

5

HOW ARE YOU POURING BACK INTO YOURSELF DAILY?
(Choose 1-2 rituals that nourish you – not performative, but restorative.)

6

FINISH THIS STATEMENT: "I PROTECT MY PEACE BY
"
(YOUR DECEMBER EMBODIMENT MANTRA.)