

# MY SELFISH WORKBOOK

30 TIPS ON SELFISHNESS  
TO INCREASE LIFE,  
CAREER AND LOVE  
OPPORTUNITIES



BY WINNIE E. CALDWELL



## THE INSPIRATION

Hey! I'm Winnie Elizabeth Caldwell. I'm a Creator, Editor In Chief, Storyteller but I am also a Mommy Millennial who loves to see others soar. I specialize in Resume Revisions but also in Self Help Strategy. November 1st of 2016 I decided to push myself to do something I'd never done before. I pushed myself to be selfish. Not selfish for one day. But selfish for 60 days and document it! Sheesh. As an empath, this was pretty hard. An Empath is 'a person with the paranormal ability to apprehend the mental or emotional state of another individual.' Sounds like a pretty overwhelming trait right? But I had to trust my gut and follow through with this challenge. From November 1, 2016 - January 1, 2017 I learned several things that allowed me to experience progress in my everyday life, career and even my love life. I could not hold this experience in (Youtube wasn't enough but you can watch the videos at <http://bit.ly/60daysofselfishness>). I had to put this workbook together for you to share the wealth! There are tips for you to follow as well as space to document your healthy selfishness! Are you up for the challenge? **Follow me on Twitter @WinnieElizabeth** and use hashtag **#30DaysofSelfishness** to share your journey as well as notes from this workbook!

 *Winnie Elizabeth*

# What is your purpose?

**Write down your life mission. What will you stay up late for and wake up early for?**



**SELFISH TIP: Put your purpose first!**

# What is your habit?

**Write down your habit that you need to let go.**

**What is holding you back? Be honest.**



**SELFISH TIP: Bad habits = Bad headaches. Understand the worth of growing beyond those habits.**

Say no, no, no, no , no.

**Make tallies of how many times you said no, without explanation. It'll feel good.**



**SELFISH TIP: No one deserves an explanation or a long drawn out story. Make NO a complete sentence.**

What SELFISH goal(s) do you want to reach within this 30 day challenge?



**SELFISH TIP:** Treat yourself to your fave restaurant once a week or to some ME time that fulfills you.

# Give it to God.

Anything that is not self - fulfilling or beneficial to what is in store for your future; let it go. If you can't control it, don't worry about it. Write down at least 3 things, stressors and/or people you need to just give to God and move on.



**SELFISH TIP:** Grab an old jewelery/shoe box or buy a box from your local dollar/craft store and make it your GIVE IT TO GOD box!

Write down what you need to let go of, place it in the box and move on.

Utilize resources around you. Need someone to talk to who won't judge? Seek a therapist! Mental health is important when trying to achieve life changing goals. Check out your local universities for an affordable option!



**SELFISH TIP:** Understand that you have to do what's best for YOUR mental health. It's okay to seek spiritual/therapeutic help.



A GREAT  
THERAPIST TOLD  
ME, "NEVER BE  
UNCOMFORTABLE  
FOR SOMEONE  
ELSE'S COMFORT."  
PRACTICE THAT.

-WINNIE C.

**#30DaysofSelfishness**

# SELFISH DAY 1

# SELFISH DAY 2



**SELFISH TIP:** Make appointments with yourself like you're your next BIG break. Don't cancel doing things for you, to please anyone else.

# SELFISH DAY 3

# SELFISH DAY 4



SELFISH TIP: Selfishness is the key to living a happy, successful life. Instead of pleasing others and constantly saying yes, let's explore living for ourselves

# SELFISH DAY 5

# SELFISH DAY 6



**SELFISH TIP:** Seek a hideaway. Find a park, lounge space, or any where serene where you can clear your mind, BUT this serene place is only for you to enjoy when you need to 'get away'.

What is your purpose again?  
DON'T forget it! Do a purpose  
check. How are you moving in  
your purpose?

# SELFISH DAY 7

# SELFISH DAY 8



**SELFISH TIP:** There's a common misconception out there that being selfish is a bad thing. This is wrong! Selfish people are the ones who make the world go round, who create art and civilization.

# SELFISH DAY 9

# SELFISH DAY 10



**SELFISH TIP:** Selfishness is not using others, or making them serve you, or removing yourself from people. Selfishness is being primarily interested in your own goals.

# SELFISH DAY 11

# SELFISH DAY 12



SELFISH TIP: No one else is looking out for you. That means that you are the only one really on your side -- so it's your job to put you first! That's not being selfish



# SELFISH DAY 13

# SELFISH DAY 14



**SELFISH TIP:** Life is a series of compromises. You won't be selfish about everything, but you should be selfish on what would make you the best person you can be.

HABIT CHECK! How are YOU doing?

Write down the progress of you letting go of that bad habit. No progress? Revamp how you will overcome right here!

# SELFISH DAY 15

# SELFISH DAY 16



**SELFISH TIP:** What's keeping you from being happy? That stuff needs to be gotten rid of, even if it's at the expense of others.

# SELFISH DAY 17

# SELFISH DAY 18



SELFISH TIP: You know what would make you happy; you know what you would regret for the rest of your life. Do things for yourself -- not because other people want them.

# SELFISH DAY 19

# SELFISH DAY 20



SELFISH TIP: Don't feel guilty. Numerous studies show that being selfish can actually lead to us feeling happy -- so long as we don't feel guilty about it.

## **#30DaysofSelfishness**

You will be tested. But there is a testimony in your test. Don't give up!! Brainstorm how you can turn those tests into triumphs.

# SELFISH DAY 21

# SELFISH DAY 22



SELFISH TIP: Seek your passions, regardless of what others think, do, or say.

# SELFISH DAY 23

# SELFISH DAY 24



SELFISH TIP: Pick your battles. Sometimes what's best for you isn't what you want -- but will be what you want down the line.



## #30DaysofSelfishness

Give it to God check! How has it been since you've stopped being in control? Write notes here!

# SELFISH DAY 25

# SELFISH DAY 26



SELFISH TIP: Sometimes what's best for you isn't what you want -- but will be what you want down the line.

# SELFISH DAY 27

# SELFISH DAY 28



SELFISH TIP: Take a bit of time each day -- whether it's at home, work, or on arun -- to just do you. Destressing is important for all your daily activities.

# SELFISH DAY 29

# SELFISH DAY 30



SELFISH TIP: Someone offers you a compliment and you're taught to say, "Aww, no, it wasn't that good. Plus, so many other people helped me." Don't do it! Relish it. Accept it. You've earned it!

# #30DaysofSelfishness

YOU MADE IT 30 DAYS OF  
BEING SELFISH! LOOK BACK  
AT YOUR NOTES! WHAT DID  
YOU OVERCOME?

IT'S OKAY TO  
BE SELFISH  
IN A 'ME'  
WAY, BUT  
NOT IN A  
'MEAN' WAY.

-WINNIE C.

**#30DaysofSelfishness**