

# Sacred Selfishness Blueprint

Barbara Wellborn  
Deep Energy Soul Work  
Spiritual Coaching

## Secret #1: Achieving Calm

This is all about the great physical exercise that you need to do in the first 20 minutes that you are awake. This has been the ultimate game changer that has motivated me to get up and want to engage the day. Exercise that gets your heart pumping, your lungs breathing deeply, and your pores perspiring has amazing benefits. All the blood flowing to your brain wakes it up and generates intense focus and energy that will carry you through your day.

According to the University of Rochester, your cortisol levels are highest first thing in the morning. Cortisol has been called by many names: the death hormone, the fear hormone, the stress hormone...none of them very nice and nothing you want hanging around in your system. By exercising first thing in the morning you can significantly reduce your cortisol levels. While lowering this one hormone, exercise raises some of your more desirable hormones like dopamine and serotonin. Both hormones can elevate your mood and increase your drive.

## What motivates you to get out of bed in the morning?

Intense exercise can release something called brain-derived neurotrophic factor (BDNF) which has been shown to repair the brain cells that have been damaged by stress. It can also create new neural connections and help to grow new brain cells. Exercising first thing in the morning is what keeps me going all day long. I have more energy, my joints aren't hurting, and I am not so stressed.

**Health** is also about nutrition. It's about valuing our bodies and minds by feeding both with nutrient-dense foods to give us the energy to move through our days easily and effortlessly. Fresh fruits and vegetables, high-quality proteins, and lots of fresh clean water!

## What kind of exercise are you going to do?

Here are a few suggestions that you might enjoy (especially while in isolation):

- Walking around the neighborhood
- Hiking out in nature or on a trail
- Bicycling
- Elliptical / Treadmill
- Dancing
- YouTube videos for yoga, tai chi, Zoomba, etc.

## Some questions to ponder and to share with a supportive group:

What are your health goals over the next 66 days?

What has held you back from achieving these goals in the past?

What are your favorite ways to get your body moving and your blood pumping?

# Sacred Selfishness Blueprint

Barbara Wellborn  
Deep Energy Soul Work  
Spiritual Coaching

## Secret #2: Gaining Clarity of Mind

Let's delve into your thoughts. Many of us who have embarked on a healing path eagerly headed off on this journey practicing positive affirmations. We learned that our thoughts create our reality and that by improving our minds, we improve our life. This is one of the major tenets of the Law of Attraction: What you put out there is what you receive. If you are positive, more positive things show up in your life. If you are negative, you will attract more negative things.

I was recently introduced to the work of the well-known hypnotherapist, Marisa Peer. She was talking about the epidemic of unworthiness in our culture and how it affects people from the humblest to the most successful.

One of the things she talked about was how our brains become habituated to our responses to life. If we constantly feed it with negative talk about normal activities, it wires us to think that everything around us is terrible. One person's experience of the daily commute as a terrible hell is a completely different experience to the person who thinks it is a great opportunity to decompress and listen to music or an uplifting podcast. Every response like that can be tied back to whether we feel worthy or not.

## Do you view the glass as half empty or half full?

When we can reframe a situation positively, we can literally rewire our synapses to look for the positive aspects of life. Our irrational responses to everyday occurrences can be shifted by changing the words we use and the pictures we hold in our heads. In her practice, Peer talked about having clients write the words “I am enough” on their mirrors and in various places around the house. She said that within a short time, people were able to have profound shifts in how they viewed themselves. So many of us have the painful words/pictures of parents, teachers, bullies, etc. stuck in our brains that control how we move through our daily life. Now it’s time to shift that and tell your brain what you want.

## What techniques will you use to create a positive mindset?

Here are a few suggestions of things I like to do shift my mindset and raise my vibration:

- Listen to upbeat music and move! Emotion = Energy in Motion
- Breathwork - Deep breathing activates your parasympathetic nervous system and your lymphatic system. It can calm you down when you feel wound up.
- Drink plenty of water and consume nutrient-dense foods. Stay hydrated and well fueled.
- Use scents to change your mood - Uplifting essential oils like lemon, lime, and orange can bring about a feeling of happiness, while lavender and geranium can bring balance.
- Podcasts / Positive books / Beautiful quotes / I AM statements - find things to inspire you

## Some questions to ponder and to share with a supportive group:

What are your personal growth goals over the next 66 days?

How have you struggled to stay positive in the past?

What are your favorite ways to lift yourself out of a negative frame of mind?

# Sacred Selfishness Blueprint

Barbara Wellborn  
Deep Energy Soul Work  
Spiritual Coaching

## Secret #2: Gaining Clarity of Heart

The writer/poet, Charles Bukowski said, "Stop insisting on clearing your head...Clear your heart instead." This leads us to the third area of consideration: your HEART. Ah yes, your emotional life. If your heart is full of grief, sorrow, anger, resentment, and fear, all the positive affirmations in the world will never quite do the job. If you are carrying a toxic load of emotions, it really wears you down and keeps you from moving forward. So much of my professional work has been around helping people release the physical and emotional trauma that gets trapped in the body so that they can release the past and live in the present. Sigmund Freud wrote, "unexpressed emotions will never die. They are buried alive and they will come forth later in uglier ways." So you can see the incredible importance of working to release old pains and hurts and why forgiveness is the biggest gift you give to yourself.

Who do you need to forgive to move forward today? What's stopping you?

Removing negative emotions isn't enough. You must fill that space with the positive and that's where a gratitude practice is an excellent means of cultivating a beautifully clear and positive heart. When I find myself getting out of balance, I start listing all of the things I am grateful for in that moment. Gratitude begets more gratitude. It's lovely to watch as more things show up in your life to be grateful for. It really works.

## What positive steps will you take to improve your emotional life?

The following suggestions can be excellent for cultivating a beautifully positive heart.

- Gratitude journal - listing 5-10 things that you are grateful for every day helps you to see your life in a new way. Gratitude begets gratitude and when you begin to view your life through this lens, it helps you to see even more things to be grateful for.
- Random Acts of Kindness - I know it sounds cliché, but it is one of the quickest ways to raise your vibration. Not only do they make the recipient of your act feel amazing, but it also fills you with a deep sense of joy just for having done something nice.
- Journaling / Morning pages - Morning Pages are a powerful technique that was taught by Julia Cameron in *The Artist's Way*. She suggested three pages of stream of consciousness writing to empty your mind of thoughts you are ruminating over. This allows you to let go and move forward with a clear mind and heart.

## Some questions to ponder and to share with a supportive group:

What emotions are you willing to look at over the next 66 days?

How have your emotions held you back in the past?

What are your favorite ways to cultivate joy and kindness?

# Sacred Selfishness Blueprint

Barbara Wellborn  
Deep Energy Soul Work  
Spiritual Coaching

## Secret #3: Grounding into Resilience

Now let us touch upon the innermost place of knowing, the Soul. This area is about reconnecting to your divinity. It allows you to spend time quietly reflecting and connecting to your higher self. What is it that drives you to move forward every day? What is your true purpose in this lifetime? This time of reflection, when working on your Soulset, lets you begin to know yourself at that deepest level and allows you to shape the legacy you want to leave behind. Our time here on this planet is short. When you are connected to your deeper self, your awareness increases, your boundaries become stronger and you become more resilient. A deep sense of inner peace pervades your whole life. It's a lovely way to start your day.

How will you meaningfully spend your days? What legacy do you want to leave behind?



There are many ways to delve into this inner empire. Meditation, prayer, and journaling are all beautiful, peaceful ways to tap into your inner wisdom and guidance. Teaching my clients to do a grounding meditation is one of the foundations of my programs. I know that when I am grounded, I am unshakable. Being grounded builds resilience. It keeps your “buttons” invisible, so no one can push them. Having done my meditation and being grounded enables me to move through my day in a high vibrational state so that things go smoothly and easily. Trust me, I’ve tried it both ways. For some unknown reason, I seem to need to experiment with not meditating every once in a while, and it always has poor results. **Being grounded builds resilience.** Write that down and post it everywhere. It’s one of the most important things you will learn here.

## Suggestions for meditations:

- These two meditations are the ones that I have done for the past 15 years. I have tried many different ones, but I always come back to these. They teach you how to ground. I can’t stress enough how important that is for everyone, especially now!
- I suggest this guided [Beginner’s Meditation](#)  
The [Blue Light Meditation](#) is another guided option with a 20 min or a 30 min version.
- The [Insight Timer Meditation app](#) offers lots of free meditation and music options. I mainly use it for the timer function to keep me on time and track my successes.

## Some questions to ponder and to share with a supportive group:

What are your spiritual goals over the next 66 days?

How has being disconnected from your higher self held you back in the past?

What are your favorite ways to cultivate this deeper connection with your inner self?





# Sacred Selfishness Blueprint

Barbara Wellborn  
Deep Energy Soul Work  
Spiritual Coaching

Congratulations on taking the first steps to [Sacred Selfishness](#) by downloading this blueprint.

I hope that you found it valuable and engaging. I would love to help you move forward on your wellness journey, so I am offering a complimentary 30-minute one-on-one laser coaching session. In these sessions, we dive into where you are, where you want to be, and any obstacles that might be in your way. To book your [FREE](#) session, email me at [info@wellbornbodyworks.com](mailto:info@wellbornbodyworks.com). I also invite you to join my FaceBook group [Women's Wellness Inner Sanctum](#) to get the support of a beautiful community of like-minded women in a safe environment.

All journeys begin with a single step. Be proud of yourself for choosing to make yourself a priority!

With love,

Barbara Wellborn  
250.486.5820