



SPARK YOUR HEART,  
IGNITE YOUR LIFE!

MASTERY PROGRAM with RUTH DAVIS

## Being Selfish Worksheet

**We cannot give to others if we have not first taken care of ourselves.**

1. What does being selfish mean to you? \_\_\_\_\_

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2. Are these your beliefs or something you've learned? Are they true for you? \_\_\_\_\_

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3. If you were to define Selfish into a positive statement, what else might selfish mean for you? \_\_\_\_\_

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4. List 9 things you do or used to do that nurture you, nourish you, bring you joy, make you feel good

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

4. When was the last time you did any of these things for yourself? \_\_\_\_\_

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5. Choose at least two things from your list that you know will help you feel more relaxed, more joyful in your daily life. Pick **one** thing that you will do every day and **one** thing that you will do once a week.

6. Take out your calendar and write down when you will do them.  
Make the commitment to care for yourself first!