

# *The Selfmore Woman*

## **COURSE WORKBOOK & JOURNAL**

Accompanies The W.E. Hour Podcast



*Dedicated to  
Black women  
having and being  
more.*

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# A NOTE FROM THE AUTHORS

Welcome, Sis!

Selflessness is killing you, Sis. W.E. mean that literally and figuratively. The data on health, wealth, and overall freedom for Black women and women of color tells us that society doesn't do right by us; and if we're honest, sometimes we don't do right by ourselves either. Instead of depleting ourselves by being selfless, Dr. Wise and Dr. Ellis (W.E.) have developed a research-based approach that assists women in being selfmore.

Self·more /'selfmôr/ adjective - as W.E. define it

1. The highest act of compassion, agency, and self-care one can have. When someone lives selfmore, they show up in the world fully, healthy, completely, and with authenticity. The selfmore individual dismantles the myth that they must give everything, including their own well-being, for the benefit of others.
2. Someone who challenges and deconstructs the lie that they must be useful to, and in service of, others in order to prove their worth.

W.E. want you to have *more* balance, *more* joy, *more* peace, *more* resources, *more* time spent how you'd like, and *more* fulfillment. To equip you, W.E. created this course and workbook for you to be and have *more* in five key areas of your life: your care of self, your life's theatre, your coins, your experiences, and your moves. We'd love to hear about your journey to becoming selfmore, please reach out to us via our websites and social media to share your experience.

*Dr. Wise*

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Founder of Wiseleadership.com

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# Myself

ONE

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."

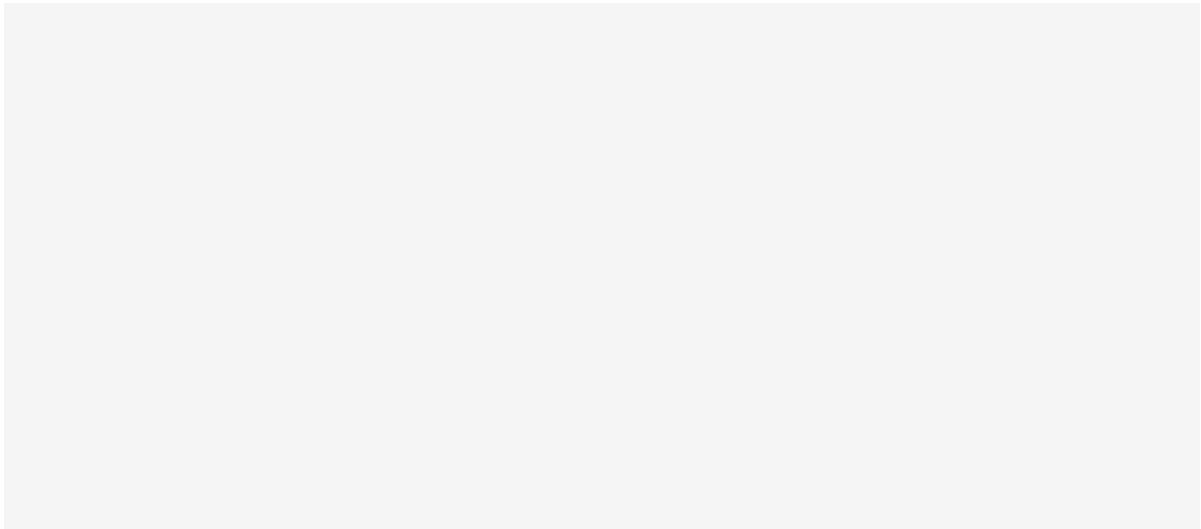
**AUDRE LORDE**

# SELFMORE VISIONING

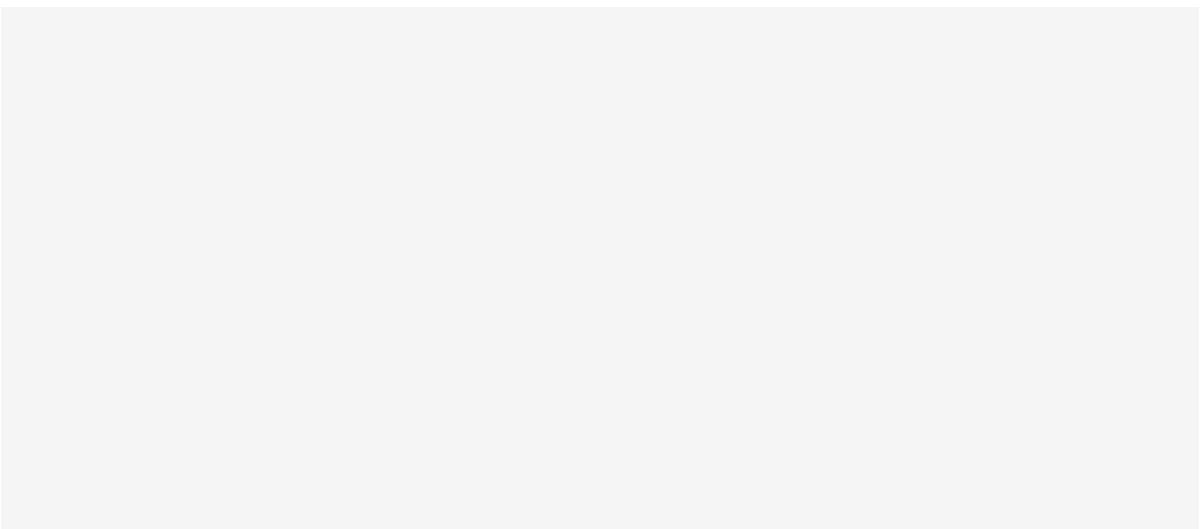
## UNIT 1 - MYSELF

**INSTRUCTIONS:** Reread our definition of "selfmore" on the Note From The Authors page. Answer the questions below with this definition in mind to create your personal selfmore vision.

What challenges are you facing in your journey towards being selfmore?



What will be different about your life when you are selfmore?





# DIVEST - INVEST

## UNIT 3 - MY COINS

**INSTRUCTIONS:** To create a life of financial ease, we need to be mindful not only of what, where, and how much we invest our resources, but also where should divest (free oneself from something unwanted) our resources. List what you will spend less resources on in the Divest triangle, and what you will spend more resources on in the Invest triangle.

**DIVEST**



**INVEST**