

# Selfful Bootcamp

Small Group Self Development Training →

Journey Beyond your Limits



@SelffulMovement

# Travel Beyond your Limitations

SELFUL BOOTCAMP 2024



The Selful bootcamp was created to provide community, knowledge, and support while putting in the work needed to break generational curses, form positive habits, align with our true selves, and manifest the life of our dreams.

January-June 2024



# Requirements

SELFUL BOOTCAMP 2024



- ✓ 6 MONTH COMMITMENT
- ✓ BLANK SELFUL JOURNAL
- ✓ WRAPPING OF HEAD
- ✓ DAILY SPIRITUAL POWER HOUR
- ✓ DAILY MEDITATION
- ✓ WEARING WHITE ON SUNDAYS
- ✓ SABBATH SUNDAYS
- ✓ COMMUNITY PARTICIPATION



# Requirements

SELFUL BOOTCAMP 2024



## **6 Month commitment:**

The bootcamp requires a 6 month commitment. You are NOT able to cancel/leave the bootcamp. If something comes up, the program was designed to assist you through any impending storms.

## **Blank Selfful Journal:**

Each cadet is required to purchase a blank selfful journal (if you have a blank one, you are able to use it) as it will be our main tool of the bootcamp.



# Requirements

SELFUL BOOTCAMP 2024



## **Wrapping of Crown:**

You are required to wrap your crown everyday for the next 6 months. (Please reach out if you have a special circumstance.) The purpose is to limit distractions-keeping you grounded and focused on your manifestations.

## **Daily Spiritual Power Hour:**

Each cadet is required to set one hour aside each day for  
#spiritualpowerhour

We will discuss at your strategy session what should be done during this time.



# Requirements

SELFUL BOOTCAMP 2024



## Daily Meditation:

Each cadet is required to meditate daily. I will provide videos, tips, and assistance but meditation is a vital part of any spiritual journey.

## Wearing White on Sundays:

Each cadet is required to wear white on Sundays. (if you have a special circumstance, please reach out.)

White represents divinity. It is essential that we stay as close to spirit as possible during this journey.



# Requirements

SELFUL BOOTCAMP 2024



## **Sabbath Sundays:**

Each cadet is required to adhere to #sabbathSunday. During a Sabbath, we abstain from "work". This is a time of Self Reverance where we show the utmost honor and respect for ourselves during our journies. (At a minimum 4 hours is required of sabbath each Sunday.)

## **Community Participation:**

Each cadet is required to post 3 times a day in the Selful Cadets Community Group. As well as comment on three posts from other cadets daily. Each cadet is also required to participate on any posting created by Ojibwa.



# What to Expect

SELFUL BOOTCAMP 2024



Your Selful Bootcamp experience will be completely tailored to your spiritual journey.

During our first strategy session, we will go over in detail the three things you are looking to manifest over the next 6 months.

We will create a strategy, set up your journal for the month, as well as you will receive your first reading.





# What to Expect

SELFUL BOOTCAMP 2024



This bootcamp will take you beyond your limits. Depending on your goals, some things that will be asked of you are:

- Abstain or limit use of alcohol and tobacco
- Abstain or limit use of recreational drugs
- Abstain or limit speaking
- Abstain or limit certain music/books/tv/etc.
- Abstain or limit certain products
- Abstain or limit certain foods
- Abstain or limit using devices
- Abstain or limit from social media
- Multiple types of Fasting
- Multiple types of Celibacy
- && so much more



# Warning

SELFUL BOOTCAMP 2024



Please take your time in deciding if this bootcamp is for you at this time.

I will drag you to the deepest depths of your soul, if you are not willing to travel beyond limitations, excuses, and downright laziness—  
**DO NOT** sign up.

The select chosen few cadets for the 2024 Selful Bootcamp will be completely transformed.



# Warning

## SELFUL BOOTCAMP 2024



*Journey Beyond your Limits*



- ✓ (6) Monthly Selful Strategy Sessions
- ✓ (6) Monthly Selful Readings
- ✓ Guided Self Discovery
- ✓ Guided Meditations
- ✓ Selful Cadet Chat Community
- ✓ Access to Selful Yoga Course
- ✓ Access to ALL Mini Courses

**\$20**  
*a month*

Limited availability- 5 spots available



# Registration

SELFUL BOOTCAMP 2024



Bootcamp Starts on the 1st!  
Availability is extremely limited  
and spots are filling up fast.

Send your deposit of \$20  
to secure your spot via cashapp, zelle, or  
paypal. (send paypal payment as friends  
and family to avoid fees)

Make sure I have your email address so I  
can get you your welcome packet and  
access to the system.

