

THE OXYGEN MASK BLUEPRINT™

*A 5-Step Guide to Prioritizing
Yourself Without Guilt*

Natalie A. Solomon, MPH



Introduction

WHAT IS IN THIS BLUEPRINT?

Ready to Thrive? It's Time to Secure Your Oxygen Mask First! Reclaim your energy, set healthy boundaries, and create a life of balance and resilience with my FREE Oxygen Mask Blueprint™.

- ✓ A 5-Step Guide to Prioritizing Yourself Without Guilt
- ✓ Journal Prompts to Deepen Self-Reflection and Clarity
- ✓ A Self-Care Checklist to Instantly Reclaim Your Time & Energy
- ✓ Boundary-Setting Scripts to Protect Your Peace

Why This Matters: Your wellness isn't a luxury—it's a necessity. If you're constantly pouring from an empty cup, feeling exhausted, or struggling to make yourself a priority, this guide is for you.

What is Wellness?



Welcome to 'A 5-Step Guide to Prioritizing Yourself Without Guilt.'

You've been conditioned to put everyone else first, but here's the truth: You cannot pour from an empty cup. Prioritizing yourself isn't selfish—it's essential. This guide will walk you through five powerful steps to help you set boundaries, reclaim your energy, and create a life that honors YOU.

Wellness is a holistic concept that encompasses various dimensions of health and well-being. It goes beyond merely the absence of illness and involves actively pursuing a balanced and fulfilling life.



Take Care of You!

ACTION STEPS

1

Step 1: Reframe Your Mindset

Self-care is not a luxury; it's a necessity.

- Challenge any guilt or fear around prioritizing yourself. ★ Replace "I don't have time" with "I deserve time." ★ Affirm: "Taking care of myself allows me to show up fully for others."
- 💡 **Reflection Prompt:** What negative beliefs do you hold about self-care? Write down one way you can challenge that belief today.

2

Set Clear Boundaries

Protecting your peace starts with saying NO.

- Identify people, situations, or obligations that drain you. ★ Practice compassionate NOs: "I appreciate the invite, but I can't commit right now." ★ Understand that setting boundaries doesn't make you unkind—it makes you intentional.
- 💡 **Action Step:** Choose one area where you need firmer boundaries and commit to enforcing it this week.

3

Create a Non-Negotiable Self-Care Routine

You need daily habits that restore you.

- Set a sacred morning or evening ritual (even just 10 minutes!) Prioritize movement, mindfulness, and nourishment ★ Treat self-care like an appointment you wouldn't cancel
- 💡 **Challenge:** Write down three small self-care activities you can implement this week and schedule them in your calendar.



Take Care of You!

ACTION STEPS

4 **Redefine Productivity**

Rest is productive. Joy is productive.

- Stop glorifying busyness—rest is fuel, not laziness. ★ Schedule intentional breaks to recharge your mind and body. ★ Align your to-do list with what actually matters most to YOU.
- 💡 Reflection Prompt: How would your day change if you measured success by how present and energized you feel instead of how much you accomplish?

5 **Align Your Life with Your Values**

When you live in alignment, everything flows.

- Identify your core values (e.g., peace, authenticity, adventure, family)
 - ★ Make decisions that honor those values—let go of what doesn't.
 - ★ Reassess regularly: Are you living in a way that supports your joy and well-being?
- 💡 Action Step: Write down three values that are most important to you. Then, list one way you can honor each value this month.

* Empowering your health is a journey that requires dedication and support. By taking these five essential steps, you can improve your well-being and inspire those around you to do the same. Remember, you are not alone in this journey; your health matters, and you have the power to take charge of it.

Section 1

SETTING YOUR GOALS

Setting goals to implement the "Prioritizing Yourself Without Guilt" guide effectively involves a structured approach. Below is a timeline for you to track your progress!

30 DAYS

ACTION PLAN

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60 DAYS

ACTION PLAN

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-
-

90 DAYS

ACTION PLAN

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-
-
-

Section 2

LET'S ASSESS

Reflect on Your Health Goals: What do you want to achieve in terms of physical, emotional, and mental health? Consider what wellness means to you personally.

How will you rate the following

PHYSICAL

	Never	Rarely	Sometimes	Always
I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following

EMOTIONAL

	Never	Rarely	Sometimes	Always
I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to cope when stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 3

PLANNING AHEAD: EXAMPLE

Example Goal Setting:



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Goal: Improve physical wellness.

Specific: Walk 30 minutes daily.

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Section 3

PLANNING AHEAD: EXAMPLE



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Section 4

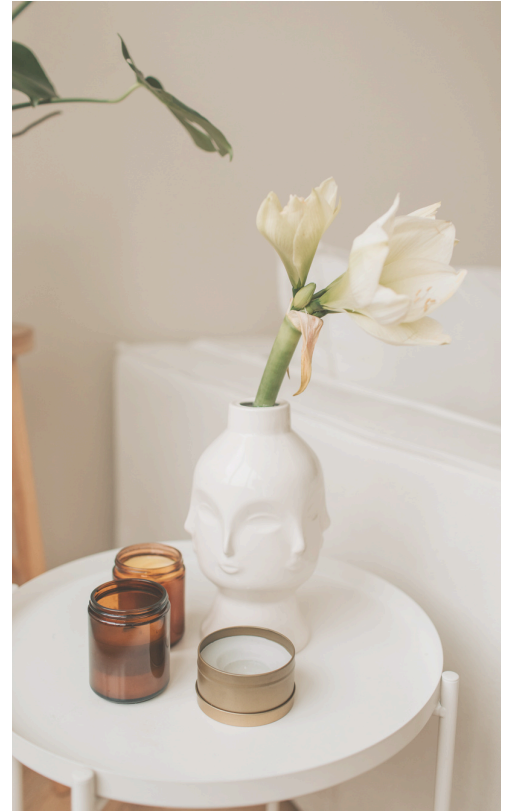
SELF-CARE CHECKLIST

Physical activities for the week

- Exercise and/or go for a walk
- Eat healthy food and snacks
- Get 7 hours of sleep per night
- Enjoy stillness and/or meditate
- Spend time in nature

Emotional activities for the week

- Journal
- Listen to favorite music
- Spend time with family/friends
- Practice meditation
- Do something fun



By following these steps, you can create a structured approach to implementing the "Prioritizing Yourself Without Guilt." guide, leading to meaningful and lasting changes in your health and well-being.

Section 5

JOURNALING PROMPTS

Date : _____

MON	Something I did well today... Today I had fun when... I felt proud when...
TUE	Today I accomplished... I had a positive experience with... Something I did for someone...
WED	I felt good about myself when... I was proud of someone else... Today was interesting because...
THU	Something I did well today... Today I had fun when... I felt proud when...
FRI	Today I accomplished... I had a positive experience with... Something I did for someone...
SAT	I felt good about myself when... I was proud of someone else... Today was interesting because...
SUN	Something I did well today... Today I had fun when... I felt proud when...



Section 6

BOUNDARY-SETTING SCRIPTS TO PROTECT YOUR PEACE

Why Boundaries Matter

Boundaries are an essential part of self-care and emotional well-being. They help you protect your energy, maintain healthy relationships, and prioritize your needs without guilt. Use these scripts as a guide to confidently set boundaries in different areas of your life.

01

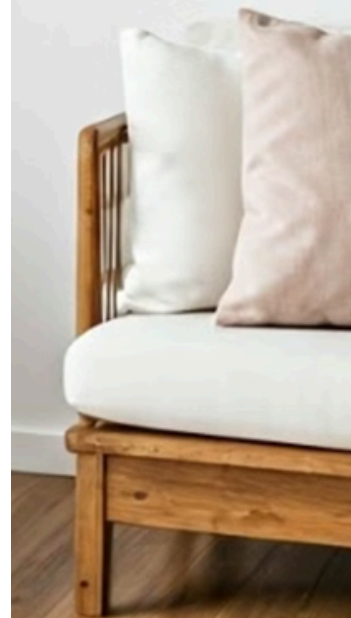
Saying No Without Guilt

💬 When someone asks you to do something you don't have the time or energy for:

- ★ "I appreciate the invite, but I'm prioritizing rest this weekend."
- ★ "That sounds like a great opportunity, but I'm unable to commit at this time."
- ★ "I can't take this on right now, but I hope it goes well for you!"

💬 When a coworker or boss asks you to take on extra work:

- ★ "I'd love to help, but my plate is full at the moment."
- ★ "I won't be able to meet that deadline without compromising my other priorities."
- ★ "I can assist, but I'll need to adjust other commitments—how would you like to proceed?"



02 Setting Boundaries with Family & Friends

💬 **When family members expect too much emotional labor:**

★ “I love you, but I can’t be your only source of support. Have you considered talking to someone else about this?”

★ “I value our relationship, but I need some time to recharge before we discuss this further.”

★ “I want to support you, but I need to set some limits on how often we talk about this topic.”

💬 **When friends pressure you into plans you don’t want to join:**

“I appreciate the invite, but I really need a quiet night in.”

★ “I won’t be able to make it, but I’d love to catch up another time.”

★ “That’s not something I enjoy, but I hope you all have a great time!”





03

Protecting Your Energy in Relationships

💬 **When someone constantly drains your energy:**

👉 “I care about you, but I can’t continue this conversation right now.”

👉 “I need to step back and focus on my well-being.”

👉 “I’m happy to talk, but I can’t take on negativity right now. Let’s keep the conversation positive.”

💬 **When you need alone time without feeling guilty:**

👉 “I love spending time with you, but I also need time alone to recharge.”

👉 “I’m taking some personal time this weekend—let’s catch up next week.”

👉 “I need some space right now, and I appreciate your understanding.”

04 Digital & Social Media Boundaries

💬 **When someone constantly messages or expects instant replies:**

- ★ “I won’t always be able to respond right away, but I’ll get back to you when I can.”
- ★ “I prefer to keep my social media interactions positive, so I’ll be limiting certain conversations.”
- ★ “I’m reducing screen time, so I may be less available online.”

💬 **When you want to set limits on social media use:**

- ★ “I won’t be engaging in discussions about this topic online.”
- ★ “I’m stepping away from social media for a bit, but I’ll be available via text or email.”
- ★ “I value our connection, but I’d prefer to keep certain parts of my life private.”



05

Workplace Boundaries

💬 ***When you need to set clear work-life boundaries:***

★ “I won’t be checking emails after work hours, but I’ll get back to you in the morning.”

★ “I can’t take on additional projects right now, but I appreciate the opportunity.”

★ “I need to prioritize my well-being, so I’ll be stepping away from work at my designated time.”

💬 ***When dealing with difficult coworkers or bosses:***

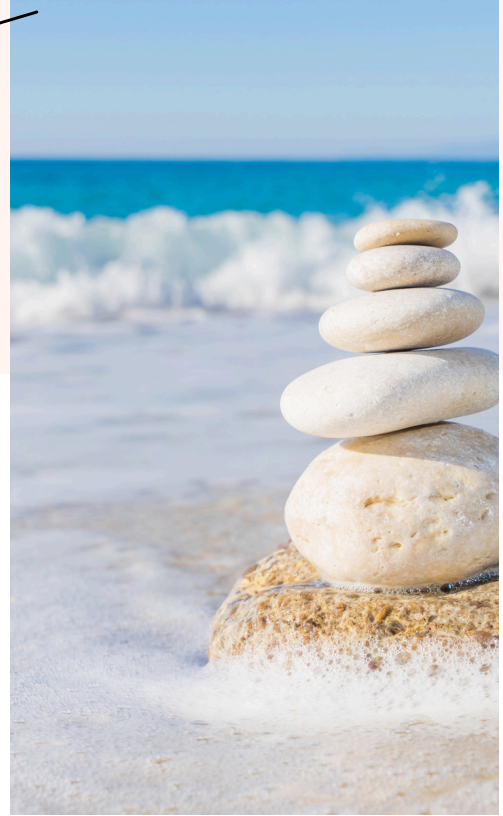
★ “I’m happy to discuss this in a professional manner, but I won’t tolerate disrespect.”

★ “I understand your perspective, but I need to maintain my personal boundaries.”

★ “Let’s find a solution that works for both of us while respecting each other’s limits.”

Final Thoughts

Setting boundaries can feel uncomfortable at first, but honoring your needs is an act of self-care. Start small, practice these scripts, and remember—you have the right to protect your peace. ❤️



- ✨ Next Step: Choose one boundary from this list to implement this week and observe how it improves your well-being.
- 📌 Bonus: Use the included Boundary-Setting Scripts to inspire your experiences & progress!

COACHING PROGRAMS
COMING SOON!

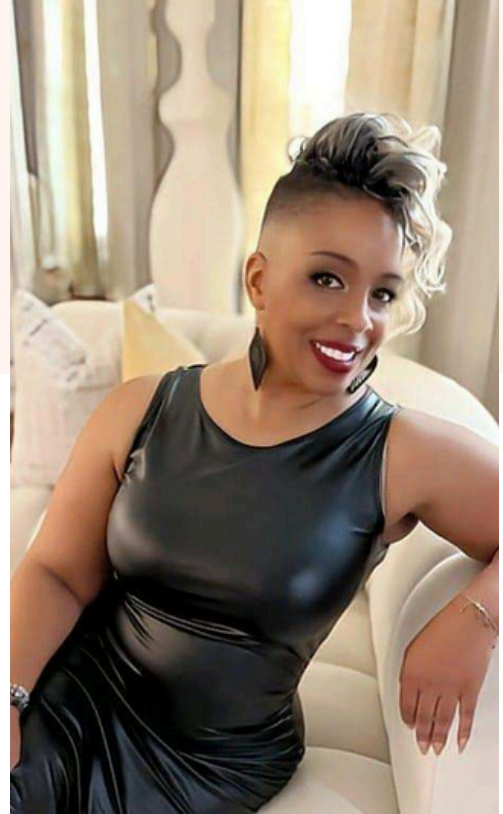
[CONSULTATION](#)

nsolomon08@meraki-empowerment-collective.com

meraki-empowerment-collective.com/

About THE AUTHOR

"Having survived brain surgery and stage four endometriosis, among other numerous health obstacles, Natalie empowers resilient women—those navigating chronic health challenges, emotional fatigue, and life's unexpected hurdles—to 'Secure Their Oxygen Mask First' so they can thrive authentically and unapologetically in every aspect of their lives."



Natalie A. Solomon, MPH, is a public health professional, speaker, and coach whose journey is a testament to the power of resilience, self-care, and intentional living. Natalie emerged as a survivor and a beacon of hope and empowerment for women facing life's most daunting challenges.

DO YOU NEED
MORE HELP?



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nsolomon08@meraki-empowerment-collective.com

meraki-empowerment-collective.com/