

THE UNAPOLOGETIC ERA

SELF-LOVE + SEXUAL WELLNESS FOR BADDIES

SELFLOVESAUCE

2026
SPECIAL EDIT
UPDATE

HOMECUM'ING

123 PROMPTS FOR SELF-LOVE,
SELF-GROWTH + EROTIC
AWAKENING

WELCUM HOME TO YOURSELF WELCUM HOME TO YOURSELF WELCUM HOME TO YOURSELF WELCUM HOME TO YOURSELF

WELL, CUM TO THIS EXPERIENCE

oh, please do!

WELCUM HOME TO YOURSELF WELCUM HOME TO YOURSELF WELCUM HOME TO YOURSELF WELCUM HOME TO YOURSELF

HOME CUM'ING
— A Path of Creation and Devotion

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SELFLOVE SAUCE



HEY, I'M PHOENIXX

YOGA + PILATES TEACHER, PERSONAL COACH, MASSEUSE, CREATRIX BEHIND THE REMIXX STUDIO, OWNER OF WILD FLOWER WELLNESS, AND FOUNDER OF THE I CUM FIRST™ MOVEMENT.

I created a space for baddies to cum t'gether and love the fuck outta our existence. Life is for full-portion living, orgasms with goosebumps and wholesome ways to explore our human depths and heights. My phi-losophy and mission is simple, honest (a little scenic route around the bush) and then straight to the clit:

THE SAUCE ONLY WORKS WHEN YOU DO THE WORK >>>

This book is dedicated to the woman who is tired of abandoning herself. To the woman who is ready to stop settling for crumbs. To the woman who whispered, "There has to be more than this."

Well, this is your more.

Phi Phi

xoxo

HOW TO USE THE 123 PROMPTS FOR SELF-LOVE, SELF-GROWTH + EROTIC AWAKENING

Read this carefully.

Do not speed-run your healing.
Do not skim for the "easy" prompts.
Do not bullshit yourself.

You may:

- Cry
- Laugh
- Get turned on by your own power
- Realise you've been tolerating nonsense
- Decide to burn your old standards to the ground

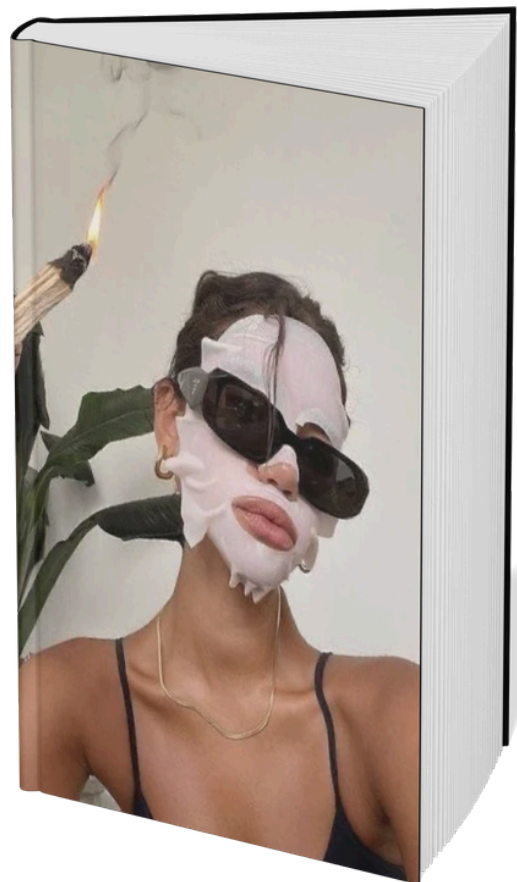
You may not:

- Pretend you don't know your truth
- Blame everyone else
- Play small

One prompt per day.
Or binge them like emotional Netflix.

But **be honest ...**

it's about you!



A LOVE LETTER FROM ONE BADDIE TO ANOTHER

Baddie bitchstickle ...

**I believe devotion is the
*highest form of self-love.***

Not bubble baths. Not “treat yourself” Saturdays. Not pretending you’re healed because you bought a crystal or sipped some jungle meds.

Devotion.

De-fucking-votion.

The kind where you stop abandoning yourself in conversations.

The kind where you choose standards over loneliness.

The kind where you understand your pleasure is sacred.

This journal is not about becoming someone new.

It’s real-real **HOME CUM’ING.**

Coming back to your body.

Your power.

Your magnetism.

Your fucking self.

You are not too much.

you are under-devoted.

Let’s change that.



i cum first.

SELFLOVESAUCE

WHAT'S INSIDE:

01

DEVOTION TO SELF

DEVOTION (noun)

The decision to show up for yourself, consciously + continuously.

02

BODY + PLEASURE

PLEASURE is not a reward.
It is our birthright.

03

HEALING + TRUTH

TRUTH

First it will piss you off, then
it will turn you on.

04

EROTIC SELF-DISCOVERY

EROTIC (adj.)

Alive. Expressed. Unapologetic.

05

BECOMING

BECUMING

Requires fucking audacity.

SELFLOVESAUCE

YO!

**YOU ARE ALLOWED TO
FEEL ANGER, GRIEF, LOSS,
AND HEARTBREAK.**

**YOU ARE NOT A
“CRAZY BITCH.”**

**YOU ARE A WOMAN WITH
STANDARDS AND A
NERVOUS SYSTEM.**

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SECTION 1

DEVOTION

SELFLOVESAUCE



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WHEN YOU JOIN THE 1:1
COACHING CONTAINER.



DEVOTION

(NOUN)

**THE DECISION TO SHOW UP FOR YOURSELF,
CONSCIOUSLY+ CONTINUOUSLY!**

1. Where in my life have I been choosing crumbs instead of a fucking feast?
2. What does self-devotion actually look like in my daily rituals?
3. If I worshipped myself for 30 days, what would change?
4. Where am I still seeking permission?
5. What would it mean to trust myself fully?
6. What parts of me deserve more tenderness?
7. How do I abandon myself in relationships?
8. What does radical self-respect feel like in my body?
9. Where do I overgive to feel worthy?
10. If I stopped proving myself, who would I be?
11. Does "I CUM FIRST" mean anything in my life right now?
12. Where do I say yes when my body says no?
13. How do I want to be handled — emotionally?
14. What does devotion require me to release?
15. Where am I ready to raise my standards?
16. What boundaries would my higher self enforce immediately?
17. What daily practice makes me feel like the main character?
18. How do I speak to myself when I fail?
19. What is one thing I forgive myself for today?
20. How do I celebrate myself without waiting for achievement?
21. Where am I settling because I fear being alone?
22. What version of me feels the most powerful?
23. What does my nervous system need from me?
24. If I treated myself like a lover, what would I do differently?
25. What does coming home to myself feel like?

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SECTION 2

BODY + PLEASURE

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PLEASURE

(YOUR OWN MAGIC SAUCE)

**IT'S NOT AN AWARD.
IT'S YOUR BIRTHRIGHT.**

26. What sensations make me feel alive?
27. When do I feel the most turned on by life?
28. Where do I suppress pleasure?
29. What does my body crave right now?
30. How do I deny myself softness?
31. What is my relationship with touch?
32. Where do I hold tension that needs loving attention?
33. What would slow, intentional self-touch teach me?
34. When do I feel magnetic?
35. What does embodied confidence look like?
36. How can I move in a way that feels sensual and powerful?
37. What does pleasure without guilt feel like?
38. Where and when did I learn to disconnect from my body?
39. What does my breath reveal about my state?
40. How do I seduce myself back into presence?
41. What clothing makes me feel dangerous (in the best way)?
42. How do I treat my body when no one is watching?
43. What does erotic energy mean to me?
44. Where have I shamed my own desire?
45. What would it mean to honor my hunger — in all forms?
46. What part of my body deserves more reverence?
47. When do I feel most feminine?
48. When do I feel most powerful?
49. What movement makes me feel deliciously alive?
50. What if my pleasure was sacred?

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SECTION 3

HEALING + TRUTH

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TRUTH

(YOUR JUICY DETAILS)

**FIRST IT WILL PISS YOU OFF, THEN
IT WILL TURN YOU ON.**

51. Where have I betrayed myself?
52. What am I still grieving?
53. What relationship taught me the hardest lesson?
54. Where am I afraid to be seen?
55. What am I pretending not to know?
56. What am I tolerating that I no longer desire?
57. What story about love am I ready to rewrite?
58. What does my inner child need from me?
59. Where did I confuse intensity for intimacy?
60. What does emotional safety feel like?
61. What do I fear losing if I step into my power?
62. Who benefits from me staying small?
63. What anger have I swallowed?
64. What truth wants to be spoken?
65. Where am I overexplaining myself?
66. What part of me is still healing?
67. What shame am I ready to release?
68. How do I self-sabotage pleasure?
69. What does forgiveness feel like in my body?
70. What does real love require from me?
71. What does self-trust look like after heartbreak?
72. Where do I need to choose myself harder?
73. What am I afraid people will discover about me?
74. What does wholeness mean to me?
75. What am I no longer available for?

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SECTION 4

EROTIC SELF-DISCOVERY

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EROTIC

(ADJ.)

ALIVE. EXPRESSED. UNAPOLOGETIC.

76. What turns me on about my own mind?
77. What does erotic intelligence mean to me?
78. Where does my power live in my body?
79. What does surrender feel like?
80. When do I feel most desired by myself?
81. What fantasies reveal my deeper needs (without judgment)?
82. How does my voice change when I feel confident?
83. What makes me feel irresistible?
84. How do I respond to being wanted?
85. What does sacred seduction look like?
86. What do I crave emotionally when I crave intimacy?
87. Where do I withhold my softness?
88. What part of my erotic self have I hidden?
89. How do I initiate desire in my own life?
90. What does slow pleasure teach me about patience?
91. Where does confidence and sensuality overlap?
92. What would it mean to be fully expressed?
93. How does my body react to admiration?
94. What do I need to feel safe to open?
95. How can I flirt with life itself?
96. What does it mean to embody magnetism?
97. What makes my energy intoxicating?
98. How do I command a room without speaking?
99. What if my sexuality was my own magic sauce?
100. What does devotion to pleasure unlock in me?

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IF THIS SECTION MAKES
YOU BLUSH...

GOOD.

THAT'S YOUR
CONDITIONING LEAVING
YOUR BODY.

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SECTION 5

BECOMING

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**BECUMING
IT REQUIRES FUCKING AUDACITY.**

101. Who am I becoming?
102. What does my next level require?
103. Where must I get uncomfortable?
104. What habits no longer match my standards?
105. What does wealth feel like in my body?
106. What does discipline look like as self-love?
107. Where do I shrink to keep others comfortable?
108. What would audacity do?
109. What am I building?
110. What kind of love do I refuse to accept?
111. What would radical honesty change?
112. How do I show up when I feel powerful?
113. What does my dream life smell like?
114. What version of me would my younger self worship?
115. What am I devoted to?
116. What does feminine leadership mean to me?
117. What does "main character energy" require?
118. What is my new non-negotiable?
119. Where am I playing too small?
120. What is the next brave step?
121. What does home feel like in my body?
122. What am I ready to claim?
123. How will I devote myself — starting today? Like, fucking right now?

CUMMIT BADDIE ✨

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IF YOU MADE IT HERE ...

YOU DIDN'T JUST JOURNAL.

YOU WITNESSED YOURSELF.

YOU CONFRONTED YOURSELF.

YOU SEDUCED YOURSELF BACK INTO ALIGNMENT.

NOW THE REAL QUESTION IS:

ARE YOU GOING TO INTEGRATE THIS?

BECAUSE AWARENESS WITHOUT ACTION IS JUST

AESTHETIC HEALING.

The tears. The sweat. The sleep. The orgasms. The freedom. The authenticity. The unapologeticness. The audacity. The will. No one can create the self-love-sauce for you — but — no one can take it away from you either. The secret ingredient is you have to show up for the yourself: the workins + the workouts.

SELF-LOVE-SAUCE

If you're ready to go deeper —

to have me *inside your growth*, guiding, confronting, elevating, transforming —

[GO HERE](#)

And if this journal stirred something... get started with the official I CUM FIRST™ journal from the online store.

[SHOP SELF-LOVE](#)

Devotion is not passive.

It is a decision.

Make it.



UP FOR SAUCY STORIES

SIGN UP FOR SAUCY STORIES

SIGN UP FOR SAUCY STORIES

SIGN UP FOR SAUCY STORIES

UP FOR SAUCY STORIES

SIGN UP FOR SAUCY STORIES

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ANOTHER BONUS SECTION

BADDIE DECLARATION

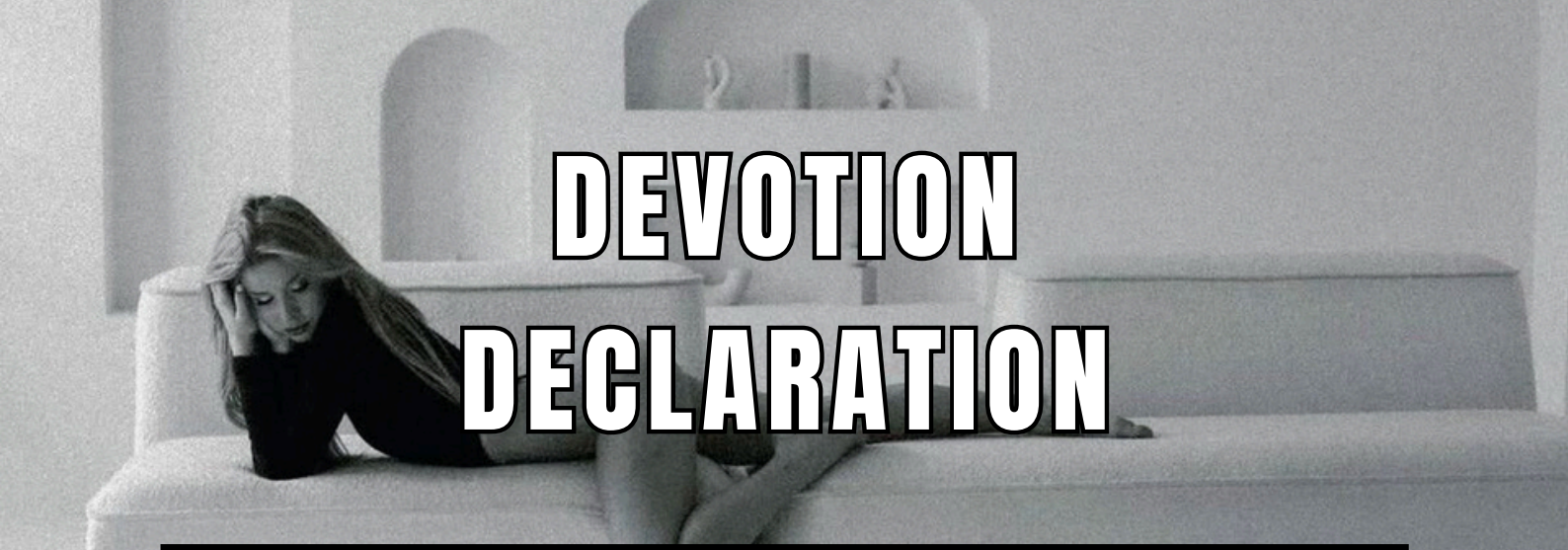


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BADDIE DECLARATION

MAKING THE CUMMITMENT

CUM LET'S GO



DEVOTION DECLARATION

I, _____ am no longer available for:

I choose:

Signed with authenticity + audacity
and meaning it in a **I Cum First™** kinda way ...

Date: _____



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ANOTHER BONUS SECTION

BADASS DAILY SELF-LOVE RITUALS

NON NEGOTIABLE



SELF-LOVE RITUALS

**THE FRAMEWORK OF MY
COACHING CONTAINER**

WORKINS +
WORKOUTS

LET'S
DO IT

I know what it feels like to abandon yourself slowly. I know what it feels like to lose everything at once. And I know what it feels like to rise because you finally chose yourself.

If my pain can become someone else's permission...
If my devotion can become someone else's blueprint...
If my grief can become someone else's courage...
Then every tear was alchemy.

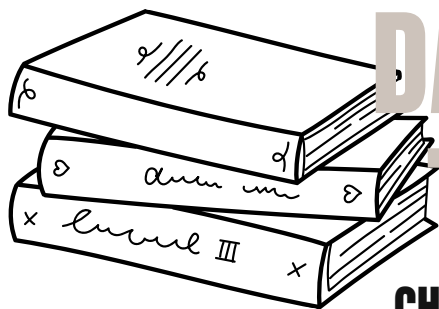
This is not content. This is lived experience. This is not branding. This is embodiment.
This is my daily homecum'ing.

And if you are here, reading this, needing this, **IT WAS MADE FOR YOU!**

THE 5 BOOKS THAT INSPIRED 5 MY NON NEGOTIABLE

DAILY SELF-LOVE RITUALS TO PRACTICE DEVOTION

CHOOSING MYSELF BEFORE I GET INVOLVED WITH THE WORLD



RITUAL

01

GET WET

Girl, Wash Your Face by Rachel Hollis

Washing your face is a choice point.

A reset. A conscious "I show up for myself today."

RITUAL

02

BREATHWORK + GRATITUDE

Breath by James Nestor

This book gives scientific validation to what we feel in breathwork: breath regulates the nervous system, heals trauma, increases pleasure, and brings us back into the body.

RITUAL

03

SELF-LOVE STRETCH

The Body Keeps the Score by Bessel van der Kolk

Movement is how you release, regulate, and reclaim yourself. This is the why behind embodiment. It teaches that healing doesn't happen only in the mind—the body holds memory, emotion, and liberation.

RITUAL

04

JOURNAL, BADDIE

The Artist's Way by Julia Cameron

Morning Pages = sacred journaling as a devotional self-listening practice. Just truth. Journaling is self-intimacy. No filters. No fixing.

RITUAL

05

SHAKE YOUR A\$\$

Women Who Run With the Wolves by Clarissa Pinkola Estés

This book embodies wild feminine reclamation. Dancing becomes remembrance, sensuality, instinct, and soul expression—not performance.

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ONE MORE BONUS SECTION

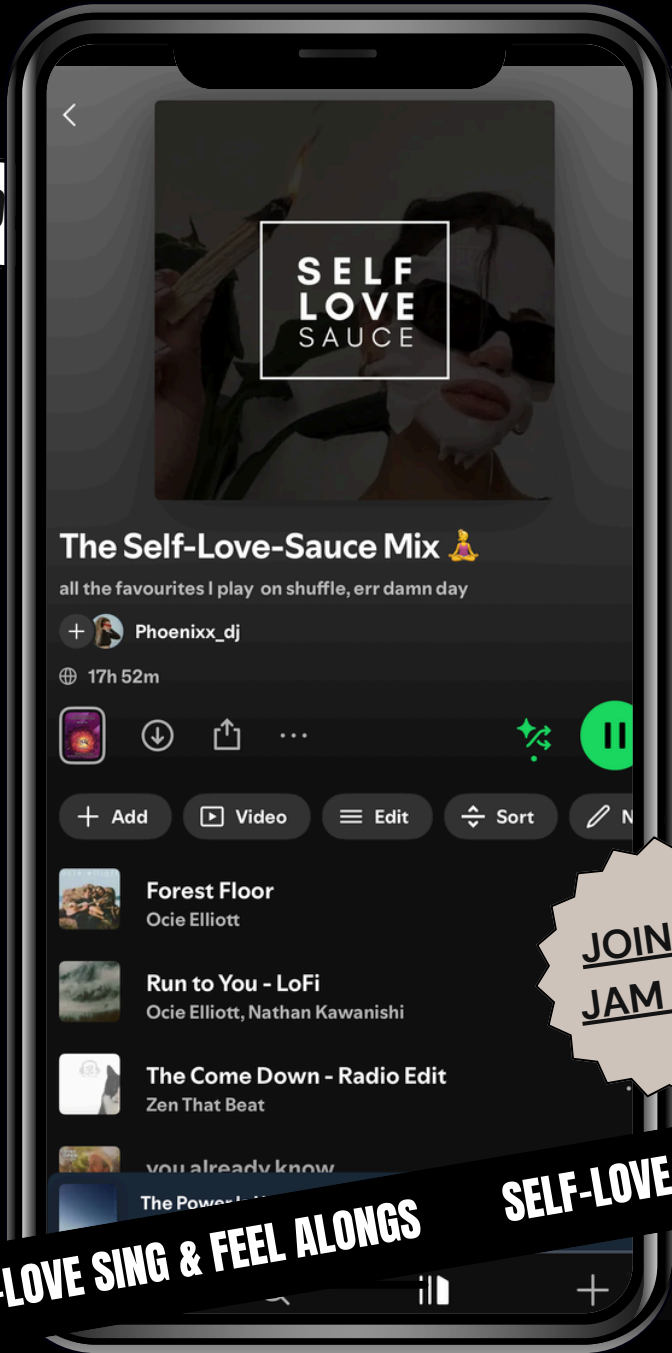
THE SELF-LOVE- SAUCE RITUAL MIX

SAUCE ON SHUFFLE

SELF-LOVE-SAUCE SPOTIFY PLAYLIST

FEEL ALONGS SELF-LO

NG & FEEL ALONGS SELF-



G & FEEL ALONGS

SELF-LOVE SING & FEEL ALONGS

SELF-LOVE SING & FEEL ALONGS

SEL



**THANK YOU,
CUM AGAIN**

PHOENIXX NANDI
@SELFLOVEANDHUSTLE