

Janice

Product #00000000010 — Full Listing Report

Category: Live a Little More

Printify Listing: <https://printify.com/app/product-details/6a2e17ed050ad4a8a1123850>

Prepared per Official LSL Shirt Listing SOP, Version 8.0 — The Unified Standard



Design: 00000000010.2 Janice.svg · the version printed on white shirts

SEO & Metadata

Printify Title: Janice

URL Slug: janice-leoscorpioleo

Meta Description: Janice Tee — Self-Care is not Selfish, bold outline tee. Unisex, S–5XL.

Image Alt Text: White t-shirt with blue hollow outline lettering reading 'Self-Care is not Selfish.'

Thirteen Tags:

self care outline shirt · self care is not selfish tee · bold outline quote shirt · mental health graphic tee · wellness gift shirt · self love t-shirt · boundaries quote tee · hollow font statement shirt · mindfulness gift tee · blue outline graphic tee · self worth t-shirt · motivational self care shirt · LeoScorpioLeo Live a Little More

Field 1 — Short Description (Next to the Photo)

You've said yes when you meant no often enough to know exactly what it costs you.

Janice stamps the same permission in bold outline — impossible to miss, impossible to argue with.

For the person setting the boundary out loud for the first time, not just thinking about it.

Not selfish. Settled.

Field 2 — Long Description (Description Tab)

Somewhere along the way, taking care of yourself got mistaken for taking something from someone else. Janice makes the correction impossible to soften — bold outline letters, stamped rather than whispered. That's Eat Something — the F.O.R.C.E. Fed reminder that your own maintenance isn't optional, and it isn't quiet either.

Stamped, Not Whispered

Where a softer version might fade into the background, Janice's hollow, bold-outline treatment of "Self-Care is not Selfish" holds its ground on the shirt — a boundary you can actually see, not just feel.

Eating something — tending yourself first — is never selfish; sometimes it just needs to be said louder.

The Perfect Gift for Someone Finally Setting the Boundary

There's a moment someone stops apologizing for resting and starts stating it plainly — that's the moment Janice is for. She's for the friend who just said no and meant it, the person done over-explaining their limits, and anyone who needs the reminder in bold instead of a whisper. Birthdays, new-boundary milestones, or the gift that backs her up.

Why You'll Love It

- **Comfort First** — Feels substantial from the first wear — 5.3 oz. preshrunk cotton, classic weight that holds up to everyday life.
- **Built to Last** — Holds its shape and stays sharp through every wash, thanks to double-needle stitching on the collar, sleeves, and hem.
- **Classic Fit** — Flatters every frame — a relaxed, true-to-size unisex silhouette that layers cleanly under anything.
- **Statement Piece** — The design speaks before you do: a bold outline boundary you can actually see.
- **Gift-Ready** — Right for birthdays, new-boundary milestones, or the day someone finally said no and meant it.
- **Inclusive Sizing** — Everybody can wear the boundary — available S through 5XL.
- **LeoScorpioLeo Design** — Original outline artwork, a sibling to the Izia design in the LeoScorpioLeo Live a Little More collection.

Tee Details

5.3 oz. preshrunk 100% cotton (20 singles) — substantial, classic-weight, never flimsy. Classic fit, seamless tubular body. Seamless double-needle 7/8" rib collar. Taped neck and shoulders. Double-needle sleeve and bottom hems. Quarter-turned to eliminate the center crease. Tear-away label — no itchy tag. Fiber content varies by color (solid colors 100% cotton; sport gray 90/10; safety and heather colors 50/50). All OEKO-TEX certified low-impact dyes.

Designed by LeoScorpioLeo — Look Good. Feel Good. Do Good. Pass it on!

Field 3 — Details Tab (Standardized)

Size Chart (Gildan 5000 — inches, garment laid flat)

Size	S	M	L	XL	2XL	3XL	4XL	5XL
Width, in	18.0	20.0	22.0	24.0	26.0	28.0	30.0	32.0
Length, in	28.0	29.0	30.0	31.0	32.0	33.0	34.0	35.0
Sleeve length (from center back), in	15.1	16.5	18.0	19.5	21.0	22.4	23.7	25.0
Size tolerance, in	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5

Care Instructions

Machine wash warm (max 40°C / 105°F), inside out, with like colors. Do not bleach. Tumble dry low heat. Do not iron directly on the decoration. Do not dry clean.

GPSR (General Product Safety Regulation) Information

EU (European Union) Representative: LeoScorpioLeo, Ltd, jameshanyusmith@leoscorpioleo.com. Product Information: Gildan 5000, 2-year warranty in the EU and Northern Ireland as per Directive 1999/44/EC. Warnings/Hazard: For adults. Made in Nicaragua. Care: Machine wash cold (max 30°C / 90°F). Non-chlorine bleach as needed. Tumble dry low heat. Do not iron. Do not dry clean.

Justification Report (Internal — Lord James's Eyes Only)

Each part quoted, with its steak/sizzle split and the fixed strategist voices behind it, per SOP Section 2.

Short — S1 The Scene

"You've said yes when you meant no often enough to know exactly what it costs you."

Steak (the fact): an outline-font statement tee.

Sizzle (what we sell): knowing exactly what saying yes when you meant no costs you.

Voice: Steven Bartlett + Alex Hormozi + Joanna Wiebe

Short — S2 The Reply

"Janice stamps the same permission in bold outline — impossible to miss, impossible to argue with."

Steak (the fact): the phrase printed in bold hollow outline.

Sizzle (what we sell): a permission stamped, not whispered.

Voice: Seth Godin + Chris Do + Simon Squibb

Short — S3 The Buyer

"For the person setting the boundary out loud for the first time, not just thinking about it."

Steak (the fact): a unisex tee, S–5XL.

Sizzle (what we sell): belonging to people stating the boundary out loud.

Voice: Seth Godin + Christina Umerez/Starla Moore + Joanna Wiebe

Short — S4 The Close

"Not selfish. Settled."

Steak (the fact): the purchase.

Sizzle (what we sell): settling into the boundary instead of apologizing for it.

Voice: Alex Hormozi + Tony Robbins + Simon Sinek/Squibb + Stephen R. Covey

Long — Part A The Hook

"Somewhere along the way, taking care of yourself got mistaken for taking something from someone else. Janice makes the correction impossible to soften — bold outline letters, stamped rather than whispered. That's Eat Something — the F.O.R.C.E. Fed reminder that your own maintenance isn't optional, and it isn't quiet either."

Steak (the fact): a printed outline-font shirt.

Sizzle (what we sell): refusing to soften the correction any further.

Voice: Steven Bartlett + Joanna Wiebe + Seth Godin + Codie Sanchez + Tom Bilyeu + Simon Sinek

Long — Part B The Design

"Where a softer version might fade into the background, Janice's hollow, bold-outline treatment of 'Self-Care is not Selfish' holds its ground on the shirt — a boundary you can actually see, not just feel."

Steak (the fact): hollow, bold-outline lettering.

Sizzle (what we sell): a boundary you can actually see, not just feel.

Voice: Steve Jobs + Matthew Encina + Juna Duncan + Sharran Srivatsaa + Seth Godin + Daniel Priestley

Long — Part C Echo

"Eating something — tending yourself first — is never selfish; sometimes it just needs to be said louder."

Steak (the fact): (none, by design).

Sizzle (what we sell): the F.O.R.C.E. Fed thread — Eat Something.

Voice: Signature Echo (this SOP) + Simon Sinek/Squibb

Long — Part D Gift

"There's a moment someone stops apologizing for resting and starts stating it plainly — that's the moment Janice is for. She's for the friend who just said no and meant it, the person done over-explaining their limits, and anyone who needs the reminder in bold instead of a whisper. Birthdays, new-boundary milestones, or the gift that backs her up."

Steak (the fact): a giftable outline-font tee.

Sizzle (what we sell): backing up someone's first out-loud boundary.

Voice: Moment Specificity (this SOP) + Gary Vaynerchuk + Christina Umerez/Starla Moore + Alex Hormozi

Long — Part E Bullets

"(the seven fixed benefit/feature bullets, standardized every shirt)"

Steak (the fact): cotton, stitching, fit, sizing, and artwork.

Sizzle (what we sell): comfort, durability, a flattering fit, and a mission everybody can wear.

Voice: Christina Umerez + Joanna Wiebe + Meg Heckman/Matt Gray

Long — Part F Tee Details

"5.3 oz. preshrunk 100% cotton (20 singles) — substantial, classic-weight, never flimsy. Classic fit, seamless tubular body. Seamless double-needle 7/8" rib collar. Taped neck and shoulders. Double-needle sleeve and bottom hems. Quarter-turned to eliminate the center crease. Tear-away label — no itchy tag. Fiber content varies by color (solid colors 100% cotton; sport gray 90/10; safety and heather colors 50/50). All OEKO-TEX certified low-impact dyes."

Steak (the fact): the full construction spec, one paragraph.

Sizzle (what we sell): quiet proof the promises are real.

Voice: Codie Sanchez + Tim Ferriss

Long — Part G Sign-Off

"Designed by LeoScorpioLeo — Look Good. Feel Good. Do Good. Pass it on!"

Steak (the fact): (none — ends on meaning).

Sizzle (what we sell): the mission the buyer just joined, and a nudge to carry it forward.

Voice: Signature Anchor (this SOP) + Simon Sinek/Tom Bilyeu/Simon Squibb