

The Practice

One Act of Self-Loyalty

I'd like you to practise something simple but powerful. Every day, perform one act of **self-loyalty**. Not self-improvement, self-discipline, or self-sacrifice, but **self-loyalty**, something that communicates, **I matter too**.

Self-loyalty is a small moment where you choose not to abandon yourself. It doesn't need to be dramatic, in fact, the smaller it is, the more likely you are to notice it. Perhaps you:

- ♥ Say no when you'd normally say yes.
- ♥ Ask for help instead of struggling alone.
- ♥ Take a break when you need rest.
- ♥ Express an honest opinion.
- ♥ Honour a boundary.
- ♥ Leave a situation that doesn't feel right.
- ♥ Allow yourself to feel an emotion rather than dismissing it.
- ♥ Spend time doing something you genuinely enjoy.

The action itself is less important than the **intention** behind it and the **intention** is to stop treating yourself as an afterthought.

Throughout the week, keep a record of your acts of self-loyalty. At the end of each day, write down:

- ♥ What did I do?
- ♥ How did it feel?
- ♥ What made it difficult?
- ♥ What did I learn?

You may notice discomfort, guilt, or anxiety - that's completely normal; people who have spent years abandoning themselves often experience discomfort when they begin treating themselves differently - not because they're doing something wrong but because they're doing something unfamiliar.

When that discomfort appears, remind yourself:

- ♥ Caring for myself is not selfish.
- ♥ Listening to myself is not selfish.
- ♥ Honouring my needs is not selfish.
- ♥ Respecting my limits is not selfish.
- ♥ Being loyal to myself is not selfish.

By the end of the week, read through your notes. Notice how many opportunities you had to choose yourself and how often you normally wouldn't have. Notice how even small acts of self-loyalty helped you begin to create a different relationship with yourself.

This practice matters because self-abandonment is not healed through insight alone. It's healed through small, repeated actions that quietly communicate, **I'm no longer leaving myself behind.**

What were my acts of self-loyalty?

How did they feel?

What made them difficult?

What did I learn?