Self Loyal Studio

Your life is the art • This is the studio

I'VE GOT ME PRACTICE

Three small things to try in real life

Not a course. Not homework. Just practice.

HOW TO USE THIS

This is short on purpose. You do not need to complete it in order. You do not need to do all three parts in one week. Pick the piece that matches the life you are actually living today.

NOTICE IT. BUY SOME TIME. TRY SOMETHING DIFFERENT.

If setting a limit could put you at risk, pause the practice and prioritise safety and support instead.

1. NOTICE IT

For one day, do not try to become a better person. Very demanding. Just notice one moment where you nearly answer, fix, volunteer, apologise or rearrange yourself automatically.

Look for ordinary moments:

- You type yes before checking your calendar.
- Somebody is upset and you immediately start solving it.
- You are about to explain a perfectly reasonable no.
- A task lands near you and somehow becomes yours.
- You hear yourself say, 'I don't mind,' and realise you might, in fact, mind.

You do not need to fix the moment. Just ask:

What was I about to do automatically?

If you want, write one line in the Journal. That is enough.

2. BUY SOME TIME

The goal is not to become brilliant at saying no. The goal is to stop answering before you have checked with the person whose life will be affected.

That person is you. Revolutionary administration.

Let me think about it and get back to you.

Use that sentence exactly as it is, or choose one of these:

- Let me check and come back to you.
- I need to look at my week first.
- I can't answer that right now. I'll get back to you.
- I can help with X, but I can't take on Y.
- I'm not available for that this week.

Then ask:

1. Do I want to do this?
2. Do I have the time, energy or money for it?
3. What would I have to move, lose or postpone if I say yes?

You are still allowed to say yes. We are simply consulting you first.

3. TRY SOMETHING DIFFERENT

Choose one low-stakes moment this week and use your pause before answering.

Then respond in the smallest honest way you can.

Examples:

- I can't this week.
- I can do an hour, not the whole afternoon.
- No, that doesn't work for me.
- I need more time before I decide.
- I can listen for twenty minutes, then I need to go.

Afterwards, notice two things:

1. How did it feel?

2. What actually happened?

Those answers are often different. You may feel as though you have committed a serious offence against humanity while the other person simply says, 'Okay.'

Useful data.

The goal is not to feel no guilt. The goal is to learn that guilt does not always mean you did something wrong.

If the moment feels too big

Do less.

Use a grounding audio. Put your phone down. Take a walk. Wait until tomorrow. Talk to somebody you trust. If the situation involves risk or intimidation, prioritise safety and support.

Self-loyalty is not proving that you can withstand more stress.

Your tiny practice for this week

- Notice one automatic response.
- Use one pause sentence.
- Make one choice after checking with yourself.
- Write it down only if that helps.

Then go live your life.

You do not get extra points for turning this into a twelve-step personal development programme.

One honest choice is enough practice for today.

SELF LOYAL STUDIO

www.selfloyalist.com