



# Self-Love Journey

Dr. Pinkie Feinstein

## Step 7: Do for Yourself Today

Self-love is a project, and it should always be seen that way. Self-love is a way of life to which one commits, devotes oneself, and directs attention, time, and intention. Self-love is a partnership in every sense, and as with any relationship that we want to develop and thrive, we must invest in it consistently, maintain it, strengthen it, nourish it, and cultivate it.

Self-love, the relationship of a person with themselves, is a space that can develop and exist only if appropriate work is done regularly, work that turns theory into practice, fantasy into reality, and challenge into a viable and present fact. Self-love is something one does. One initiates well, responds well, decides well, and chooses well, all by the light of self-love, for its sake, and as a result of its guidance. Self-love can never remain merely a good idea or a recommended approach to life. Self-love happens, intensifies, is built, and is realized through clear actions that influence what exists in a way that arouses the powers of the soul to love from within what is.

The encouraging news is that the work required to sustain, cultivate, and strengthen self-love is quite simple. One can even say it is surprisingly simple. It is so simple that it is shocking to see how many people invest great energies in paths and spaces that yield little benefit, while if they invested far fewer resources in cultivating self-love they would gain far more.

If you were told that you must smile at the mirror every day in order to prevent dangerous diseases and perhaps even prolong your life expectancy, would you devote yourself to the simple work of mirror smiles, a work that requires almost no effort beyond briefly activating a few muscles around the lips?

We know it is advisable to brush our teeth before sleep. Why? Because we were told it would protect our teeth. Brushing has already become a norm, and it is difficult today to find a person who goes to sleep without brushing. What challenges us more? Brushing teeth or smiling at the mirror? Brushing teeth or saying loving words to ourselves on a daily and committed basis?

The deeper we go into the matter, the greater the astonishment may become. In the end, there is nothing more important for a person than to feel good with themselves and in general. Moreover, there is nothing more important than to seek the sweet and

victorious feeling of love within. Yet a person does almost nothing to feel better with themselves and does almost nothing to intensify the experiences of love within.

Why?

First, because the person is not aware of this possibility and of the very high effectiveness of practicing self-love.

Second, because the person is afraid. People are afraid to smile at themselves in the mirror and are afraid to say words of love to themselves. They have become accustomed to limiting everything related to expressions or feelings of love to a very specific place and toward very specific people. It frightens them to express and generate love toward themselves, and it seems unnecessary or even strange. Yet we will continue to brush our teeth every morning and evening, because that is what one is supposed to do.

Self-love is something one does and then feels. Self-love is expressed not only in the work of smiling at the mirror. Yes, it is indeed strange to link the concept of work with the concept of smiles, but it is stranger to feel bad because we are not doing the work of self-love. Self-love is also expressed in self-appreciation, self-support, self-forgiveness, loving self-talk, self-esteem, and self-backup. All of these must be carried out physically. That means we perform appreciation, forgiveness, esteem, and self-backup in ways the senses can perceive, either by speaking to ourselves in a way we can hear or by writing the words so we can read them.

In an environment where there are many expectations for us to act for the sake of family, work, and society, the essential principle often shrinks. That principle says a person must act for their own sake, fill themselves, and strengthen themselves so that they can ever give anything meaningful to others. One must ask oneself at the end of each day:

“What did I do for myself today?”

This question must be asked with honesty and courage. It must demand a serious, appropriate, and direct answer that describes what truly occurred during the day. When a person does things for themselves, they will not forget it and will surely remember that act at the end of that day. Self-love is not a passing state that slips under the radar of our awareness. Self-love is etched within and leaves a positive and hope-giving memory.

So what did you do for yourself today?

How much did you devote to what you need most right now?

To what extent did you fight for your principles when faced with forces that try to suppress them?

Did you address an issue that had been neglected for a long time and had delayed your progress toward a better place?

Did you refuse today something that is not right and no longer suits you?

What did you do for yourself today?

Did you choose a different path than usual for your own sake?

Did you try things that interest you simply because they interest you?

Not many understand deeply how important doing for oneself is for mental health and for the health of every social framework one can imagine. When a person does not do enough for themselves, they enter a state of self-neglect. From there, the way is short to excessive compromises that harm them and distance them from what matters to them. This self-neglect, expressed in the reduction of action for the self, is quite common and is even considered a kind of cultural norm.

This does not have to be our way. We are the beacons of light who demonstrate how to live better and healthier. We are the ones who insist on exploring the love within, who do not give up on initiatives and actions meant to cultivate the self, who are not afraid that others will call us selfish or narcissistic. We are the ones who will ask ourselves every day and will look directly:

What did I do for myself today? How did self-love express itself in me today? Finally, what do I intend to do for myself tomorrow? These questions cultivate self-love and give it validity and legitimacy. Such questions are among the most important materials in this journey.

**Practice Questions (Please answer in handwriting or share in a practice group):**

1. How could you **pamper yourself in a special way today**, in your opinion?
2. How do you feel about the question “**What did you do for yourself today?**”
3. What did you do **for yourself yesterday**?
4. Do you think there are things that, if you decided to do them **for yourself**, might come **at the expense of someone or something that is important to you**?
5. Listen quietly to your **desire right now**. It may want to suggest that you do something for yourself that you have not done for a long time, or perhaps never done before. **What might that be, in your opinion?**
6. Any other thoughts or feelings about this step that you would like to share?