



## **I CHOOSE ME – Reclaiming Me & My Life**

### **Information & Journal Sheet**

#### **A New Chapter**

For much of your life, you may have been conditioned to put others first. You may have learned to care for others, support others, rescue others, accommodate others and prioritise the needs of others. While caring for others is a beautiful quality, somewhere along the way you may have forgotten that you matter too. Today you are making a different choice. Not a selfish choice. A healthy choice. A life-giving choice.

I choose me.

#### **What Does 'I Choose Me' Mean?**

Choosing myself means honouring my needs, listening to my feelings, respecting my boundaries, valuing my dreams, trusting my intuition, caring for my mental and emotional wellbeing, and recognising that my worth is not dependent upon how much I do for others. Choosing myself is not rejecting others; it is remembering myself.

#### **Signs I Have Been Living for Others**

I often put other people's happiness before my own. I feel guilty when I say no., I ignore my needs to avoid upsetting others. I seek approval before making decisions. I struggle to identify what I truly want. I feel responsible for other people's emotions. I have lost parts of myself in relationships. I rarely make myself a priority.

#### **The Truth**

You are not here simply to survive. You are not here solely to meet the needs of others. You are here to live, grow, thrive, and become fully you.

#### **Journal Reflection**

In what ways have I put others before myself?

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What has this cost me emotionally, mentally, physically or spiritually?

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Where did I learn that other people should come first?

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What do I need most right now?

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What have I been ignoring about myself?

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If I fully trusted myself, what would I choose?

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What does choosing me look like in daily life?

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What boundaries need strengthening?

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What would my life look like one year from now if I consistently chose myself?

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### Daily Affirmations

- I matter.
- My needs matter.
- My feelings matter.
- I am worthy of care.
- I am worthy of rest.
- I am worthy of joy.
- I release the need to earn my value.
- I choose myself with love.
- I trust myself.

I honour myself.  
I choose me.

