

What Would Become Possible If You Chose Yourself?

Choosing yourself can sound like choosing against everyone else.

But perhaps it is not a rejection.

Perhaps it is the decision to include yourself in the life you are already tending.

Your energy.

Your limits.

Your hopes.

Your need for peace.

You may have learned to consider these things only after everyone else has been accounted for.

By then, there is often very little left.

Choosing yourself does not mean you stop caring.

It means care is no longer required to erase you.



What would change if your wellbeing entered the conversation sooner?

Maybe you would answer later.

Leave earlier.

Ask for help.

Stop offering what you do not have.

Choose the quieter path.

The choice may look small from the outside.

Inside, it may be the beginning of a different relationship with yourself.

So perhaps today, ask:

“What would I choose if my life mattered in this decision too?”

Let the question be enough.

You do not have to defend the answer.





Something to Sit With

Where have I been treating my own wellbeing as the least important part of the decision?

