Mind Shift Memo to Self

I used to care more about what others think than what *I* think.
I now realise this is not being true to myself
and just gives my power to other people.
I now realise that it doesn't matter how caring or sensitive or unsure I am, I can still be true
to my own self.
I now realise my views are just as valid as anyone else's
and if they feel right for me that's good enough.
I count too.
I also used to care what others think about *me*,
yet I now realise that I cannot be responsible for other people's thoughts or feelings.
They are coming from their space and have their own agenda.
Other people's opinion of me is actually none of my business.
I also realise that I do not have to care or feel hurt when someone criticises me, or take it
on board.
What right do they have to put me down?
I now realise no one out there can make me feel anything
unless I let them. It is up to me to feel everything that I feel.

I now accept everyone is their own person, including myself.
I now choose to accept myself exactly as I am, realising the more
self-acceptance I have the more self-regard and self-trust I have.
I now choose to disregard what others think of me,
or my choices, or my life.
I am here for me, not them.
My accountability is in how I respond and how I treat others,
respecting any different values or opinions or needs to me.
I forgive myself for having held on to my old ways of thinking
for so long.
I now choose to trust myself and my thoughts and opinions; after all, I am the only person
who can live my life or have my feelings.
It is my job to take back my power and value myself,
knowing that I count too.
I now choose to respect myself and my own views.
I now choose to work on my self-confidence, self-worth
and self-esteem; I deserve this.
I now choose to value myself and allow myself
to be in this new space now!

It is done.