

I No Longer Abandon Myself

Nikki Dickerson



I no longer abandon myself when I need to be nurtured and have a safe place to be.

I no longer abandon myself to judgment, self-criticism or blame when I make a mistake or disappointment myself or others.

I no longer abandon myself by speaking harshly, sarcastically or with spiritual egotism to myself or others.

I no longer abandon myself by overthinking and overanalyzing.

I no longer abandon myself by filling my days with shoulds and oughts in any form inside or outside of me.

I no longer abandon myself by choosing defaults when I am challenged or stepping out of my comfort zone.

I no longer abandon myself by making choices for my well-being from a place of fear and forgotten wisdom.

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I no longer abandon myself by choosing to ruminate in thoughts, feelings and meanings (i.e. perspectives) that...

hurt me and create sadness

discourage and frustrate me

tell me I am small, unworthy and unable.

I no longer abandon myself as I tell me I am a victim and am unsafe,

I no longer abandon myself by disconnecting from my inner wisdom

and giving my power away to others



I no longer abandon myself by using comparisons to others to create conclusions about me like:

There is something wrong with me

"I am not enough."

"I do not have enough."

"I am too much of... something."

"I am not doing life the right way."

"I am missing something because I am not doing what others are doing."

"I am weird because I have unique ways of spending my time."

I Choose... Myself

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I am choose to embrace myself and my power, recognizing this is my life's greatest work.

I choose myself and my path because it is my highest calling to live each moment as an expression of my most authentic self. I choose to responsibly use my tools, wisdom and power to heal myself so that I am able to live my highest calling in life.



I choose to live my life by design and no longer abandon myself to distractions, denial of my power or my default decision making.

I joyfully and with honor choose to embrace my power as the designer, creator and manifester of my greatest life.

I no longer abandon myself.

I Choose Myself!!!

I no longer abandon myself by...

- 1.
- 2.
- 3.



Starting today, I choose myself. I will show that to myself by...

- 1.
- 2.
- 3.

Some Examples...

Giving myself good quality food

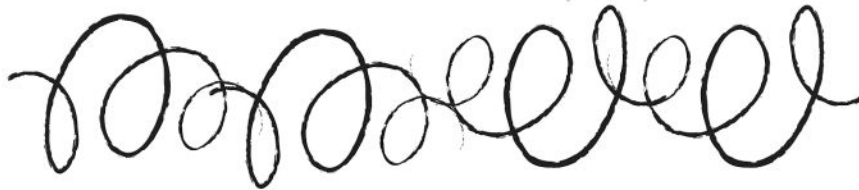
Taking time to go outside

Start a journey

Listen to good music

Make a good decision for me today

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For the bathroom mirror...

I no longer abandon myself.
I choose myself again and again...
everyday.

A Little Something To Know...

Are You Feeling Alone? Sometimes when we feel alone, it isn't because others have left us. It is because we have abandoned ourselves. Others are either there with you or they are not. But we can abandon ourselves in a dozen different ways. So here is inspiration and navigation to take a breath, check in, and maybe see things in a different way.

