

The Reflection

For years, you've unknowingly built a case against yourself:

- ♥ Every time you ignored your own needs.
- ♥ Every time you were quiet when you wanted to speak up.
- ♥ Every time you talked yourself out of trying.
- ♥ Every time you abandoned yourself to keep someone else comfortable.

These small choices built evidence that your needs didn't matter. It's time to make different choices. You weren't born believing you weren't enough - you were shown it. Repeatedly. The beautiful thing is that the same process can now work in your favour.

From this point onwards, every small choice you make becomes an opportunity to present new evidence.

- ♥ Evidence that you're changing.
- ♥ Evidence that your voice matters.
- ♥ Evidence that you can be trusted.
- ♥ Evidence that you're becoming someone who keeps promises to yourself.

Every ordinary decision quietly answers the same question:

what am I teaching myself about who I am?

That question has the power to change the way you live because if every choice becomes evidence, then every day becomes an opportunity to build a stronger case for yourself than your past ever could.

The **Power Of Small Choices has an accumulating effect.** You don't have to win the whole case today; you only need to present one more piece of evidence than you did yesterday, and then another tomorrow. You'll soon see you no longer need to convince yourself that you've changed. The evidence will speak for itself.