

Self-Compassion Quotes

- To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself. – Thich Nht Hanh
- Self-love, self-respect, self-worth: There's a reason they all start with 'self.' You can't find them in anyone else. – Unknown
- Unlike self-criticism which asks if you're good enough, self-compassion asks what's good for you. – Kristin Neff
- You've been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens. – Louise Hay
- The first rule of kindness is to be kind to yourself. – Bryant McGill
- If you're not showing up for yourself, who are you showing up for? – Unknown
- If you don't love yourself, you'll always be chasing after people who don't love you either. – Mandy Hale
- Stop hating yourself for everything you aren't. Start loving yourself for everything you are. – Unknown
- You make mistakes, mistakes don't make you. – Maxwell Maltz
- Don't be ashamed of your story it will inspire others. – Unknown
- Perhaps, we should love ourselves so fiercely, that when others see us they know exactly how it should be done. – Rudy Francisco
- It's interesting how often we can't see the ways in which we are being strong. – Lena Dunham
- You deserve the love you keep trying to give everyone else. – Unknown
- Try to love yourself as much as you want someone else to. – Unknown
- Too many people undervalue what they are and over value what they are not. – Malcolm S. Forbes
- You're so hard on yourself. Take a moment. Sit back. Marvel at your life. At the grief that softened you, at the heartache that wisened you, at the suffering that strengthened you. Despite everything, you still grow. Be proud of this. – Unknown
- Where you are, is not who you are. – Circumstances. – Unknown
- Be the love you never received. - Rune Cazuli
- I don't know a perfect person. I only know flawed people who are still worth loving. – John Green
- A season of loneliness and isolation is when the caterpillar gets its wings. Remember that next time you feel alone. – Mandy Hale
- We sometimes think we want to disappear, but all we really want is to be found. - Unknown
- The bravest thing you can be is yourself. – Unknown
- So many years of education yet nobody taught us how to love ourselves and why it's so important. – Unknown
- If your compassion does not include yourself, it is incomplete. – Buddha