To be beautiful means to be yourself. You don’t need to be accepted by others. You need to accept yourself.

Think What We’re

SELF-LOVE
SELF-RESPECT
SELF-WORTH

There’s a reason they all start with ‘self.’ You can’t find them in anyone else.

- Kristin Neff

You’ve been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.

THE FIRST RULE OF KINDNESS IS TO BE KIND TO YOURSELF

Stop hating yourself for everything you aren’t.
Start loving yourself for everything you are.

- Mandy Hale

If you’re not showing up for yourself, who are showing up for you?

YOU MAKE MISTAKES, MISTAKES DON’T MAKE YOU

It’s interesting how often we can’t see the ways in which we are being strong

Perhaps, we should love ourselves so fiercely, that when others see us they know exactly how it should be done.

- Rudy Francisco

Don’t be ashamed of your story it will inspire others
YOU DESERVE THE LOVE YOU KEEP TRYING TO GIVE EVERYONE ELSE.

TRY TO LOVE YOURSELF AS MUCH AS YOU WANT SOMEONE ELSE TO

TOO MANY PEOPLE UNDERSOLVE WHAT THEY ARE, AND OVERVALUE WHAT THEY'RE NOT

WHERE YOU ARE, IS NOT WHO YOU ARE.

Be the Love you Never Received

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

A SEASON OF LONELINESS
AND ISOLATION IS WHEN THE CATERPILLAR GETS ITS WINGS.
REMEMBER THAT NEXT TIME
YOU FEEL ALONE.

We sometimes think we want to disappear,
but all we really want is to be found

I don't know a perfect person.
I only know flawed people who are still worth loving.

The bravest thing you can be is YOURSELF.

So many years of education yet nobody taught us how to love ourselves and why it's so important

If your compassion does not include yourself, it is incomplete.