

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



Don't be
ashamed of
your story
it will
inspire others

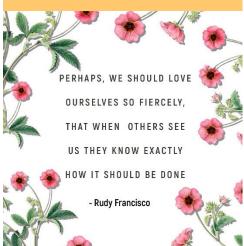
SELF-LOVE SELF-RESPECT SELF-WORTH

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



Stop hating yourself for everything you aren't.

> Start loving yourself for everything you are.



UNLIKE SELF-CRITICISM
WHICH ASKS IF YOURE
GOOD ENOUGH,
SELF-COMPASSION ASKS
WHAT'S GOOD FOR YOU?

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- KRISTIN NEFF

If you're not

Showing up for yourself
Who are showing up for



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



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 -



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

WHERE YOU ARE, IS NOT WHO YOU ARE.

- circumstances

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

YOU FFFL ALONE



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

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

Be the Love you Never Received

WE SOMETIMES
THINK WE WANT
TO DISAPPEAR,
BUT ALL WE
REALLY WANT
IS TO BE FOUND

