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10

Straightforward Quotes on Self- Care

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i am mine.

before i am ever anyone else's.

— in

“Choose people who
choose you.”

Remember that the
minute you take your
first step into the life
of your dreams, the
first to greet you
there will be fear.
Nod. Keep walking.

brianna wiest

Protect your peace,
get rid of toxicity,
cleanse your space,
cultivate love.

inward

reminder:

a sign of growth is being
okay with not being okay

WHEN THINGS CHANGE
INSIDE YOU,
THINGS CHANGE
AROUND YOU.

alone or not
you gotta walk forward

cecelia ahern

love yourself first
be enough for yourself
everything else will fall in line
the world will wait

D O N O T A L L O W Y O U R

L O N E L I N E S S T O R U I N

Y O U R S T A N D A R D S .

R E A D T H A T A G A I N .

F O C U S O N Y O U

U N T I L T H E F O C U S

I S O N Y O U .

*Thank
you!*