

# **SELF-CONCEPT/ SELF-ESTEEM, BEST QUOTES ON**

You were created, fashioned and designed in a special form to leave in the world something that did not exist before you were born!

—Israelmore Ayivor

People often say that this or that person has not yet found himself. But the self is not something one finds, it is something one creates.

--Thomas Szasz

Be yourself and love who you are and be proud, because you were born this way.

--Lady Gaga

Never rest until you have uncovered your essential self. Remember that. Somewhere, deep inside you, hidden by all sorts of fears and worries and petty little thoughts, is a clean pure being made of radiant colors.

—Shirley Jackson

Good work and good companions are the building blocks of self-esteem.

--Unknown

If you don't run your own life, somebody else will.

--John Atkinson

As for worrying about what other people might think—forget it. They aren't concerned about you. They're too busy worrying about what you and other people think of them.

--Michael LeBoeuf

You were born God's original.  
Try not to become someone's copy.

--Marian Wright  
Edelman

Don't judge me by my past. I don't live there anymore.

—Auliq Ice

Self-esteem is the real magic wand that can form a child's future. A child's self-esteem affects every area of her existence, from friends she chooses, to how well she does academically in school, to what kind of job she gets to even the person she chooses to marry.

--Stephanie Marston

There are two lives to each of us, the life of our actions, and the life of our minds and hearts. History reveals men's deeds and their outward characters, but not themselves. There is a secret self that has its own life, unpenetrated and unguessed.

--Edward Bulwer-Lytton

Like snowflakes, the human pattern is never cast twice.

-- Alice Childress

Nothing builds self-esteem and self-confidence like accomplishment.

—Thomas Carlyle

What you are is God's gift to you; what you make of yourself is your gift to God.

--Kelly Jeppesen

You do not need to be loved, not at the cost of yourself. The single relationship that is truly central and crucial in a life is the relationship to the self. Of all the people you will know in a lifetime, you are the only one you will never lose.

—Jo Coudert

I don't want to apologize for being a dorky, nerdy, offbeat person. I'm not looking for the broad path. I'm looking for my path.

—Hillary Casavant

There is no such thing as a weird human being. It's just that some people require more understanding than others.

--Tom Robbins

Look into any man's heart you please, and you will always find, in every one, at least one black spot which he has to keep concealed.

--Henrik Ibsen

People will love you. People will hate you. And none of it will have anything to do with you.

—Abraham Hicks

How cool is it that the same God that created mountains and oceans and galaxies looked at you and thought the world needed one of you too?

—Unknown

It's not other people's job to make you happy and fulfilled; it's yours. It's important to always be nice and respectful of others, but it's even more important to be nice and respectful toward yourself. You have to live with yourself the rest of your life, so stop being so hard on yourself. Focus on your strengths and lead by example. You are special and unique in every way. And if other people don't appreciate you for who you are, it's their loss. Remember, there are some people who don't even like chocolate cake!

—Unknown

Care about what other people think and you will always be their prisoner.

—Lao Tzu

If God had wanted me otherwise, he would have created me otherwise.

--Johann Wolfgang Van  
Goethe

The self is not something ready-made, but something in continuous formation through choice of action.

—John Dewey

When you're feeling insecure, you typically don't notice the hundreds of people around you who accept you just the way you are. All you notice are the few who don't. Don't ever forget your worth. Spend time with those who value you. No matter how good you are to people, there will always be negative minds out there who criticize you. Smile, ignore them, and carry on. You might feel unwanted and unworthy to one person, but you are priceless to another.

—John Geiger

Idealizing Daddy is grand when you're five; it's crippling when you're twenty-five or thirty-five. For if you still believe in Daddy's miracles, you may not believe that you can make your own dreams come true. Worse, you may not even be able to formulate them without his guidance.

—Victoria Secunda

Journal writing is a wonderful pathway to self-awareness.

—Rand Olson

By being yourself, you put something wonderful in the world that was not there before.

—Edwin Elliot

Always be yourself. (Except during job interviews, the first few months of a relationship, or any type of social interaction.)

—Ged Backland

People who believe they'll be happy if they go and live somewhere else, learn it doesn't work that way. Wherever you go, you take yourself with you.

—Neil Gaiman

Why fit in when you were born to stand out?

—Dr. Seuss

I live in my own little world, but it's OK. They know me here.

—Lauren Myracle

Flowers grow back, even after they are stepped on.  
So will you.

—Internet Meme

Do not rely completely on any other human being, however dear. We meet all life's greatest tests alone.

—Agnes Macphail

Men and women are not only themselves; they are also the region in which they were born, the city apartment or the farm in which they learned to walk, the games they played as children, the old wives' tale they overheard, the food they ate, the schools they attended, the sports they followed, the poems they read, and the God they believed in.

—W. Somerset Maugham

Underneath my outside face,  
There's a face that none can see.  
A little less smiley,  
A little less sure,  
But a whole lot more like me.

—Shel Silverstein

Nobody realizes that some people expend tremendous energy merely to be normal.  
—Albert Camus

From a social psychological standpoint, the selfie phenomenon seems to stem from two basic human motives. The first is to attract attention from other people. Because people's positive social outcomes in life require that others know them, people are motivated to get and maintain social attention. By posting selfies, people can keep themselves in other people's minds. In addition, like all photographs that are posted on line, selfies are used to convey a particular impression of oneself. Through the clothes one wears, one's expression, staging of the physical setting, and the style of the photo, people can convey a particular public image of themselves, presumably one that they think will garner social rewards.

—Mark R. Leary

Man is the only creature that refuses to be what he is.

—Albert Camus

Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!

--Anne Frank

People aren't interested in seeing themselves as they really are.

--Jim Woodring

The two most important days in your life are the day you were born and the day you find out why.

--Mark Twain

If you are always trying to be normal, you will never know how amazing you can be.  
—Maya Angelou

Let nothing dim the light that shines from within.

--Maya Angelou

Girls need to have all their grandmothers wanted them to have, while looking as pretty as their mothers wanted them to look....You try so hard to be who everyone wants you to be while attempting to maintain some kind of individuality and in the end you seem to lose everything.

--Deborah Spar

Never feel self-pity, the most destructive emotion there is. How awful to be caught up in the terrible squirrel cage of self.

--Millicent Fenwick

I am what I am. To look for reasons is beside the point.

--Joan Didion

It's never too late to be what you might have been.

--George Eliot

Accept everything about yourself—I mean everything, You are you and that is the beginning and the end —no apologies, no regrets.

--Henry A. Kissinger

Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself.

--Harvey S. Firestone

Do what you can, with what you have, where you are. What better can you do?

—Theodore Roosevelt

You have brains in your head.

You have feet in your shoes.

You can steer yourself any direction you choose.

You're on your own.

And you know what you know.

And you are the guy

Who'll decide where you go.

-- Dr. Seuss

Let me listen to me and not to them.

--Gertrude Stein

We are so accustomed to wearing a disguise before others that eventually we are unable to recognize ourselves.

--La Rochefoucauld

Self-esteem is as important to our well-being as legs are to a table.

--Louise Hart

Lack of something to feel important about is almost the greatest tragedy a man may have.

--Arthur E. Morgan

Self-respect—the secure feeling that no one, as yet, is suspicious.

--H. L. Mencken

Most people are other people. Their thoughts are someone else's opinions, their lives a mimicry, their passions a quotation.

--Oscar Wilde

Self-esteem should be SELF-esteem. What you think of yourself is much more important than what others think of you. Ugly duckling or swan? You are the only person who can answer. Somewhere along the road to assertiveness lies self-acceptance.

--Melodie Chenevert

The surest path to positive self-esteem is to be successful at something one perceived would be difficult.

--Sylvia Rimm

Speak up for yourself, or you'll end up a rug.

--Mae West

If a child lives with approval, he learns to live with himself.

--Dorothy Nolte

There is nothing noble about being superior to some other man.

The true nobility is in being superior to your previous self.

--Hindu Proverb

We see things not as they are but as we are.

--Anaïs Nin

A man must keep a little back shop where he can be himself without reserve. In solitude alone can he know true freedom.

--Michel de Montaigne

What people say behind your back is your standing in the community in which you live.

--Edgar Watson Howe

People are capable of achieving more and creating more when they feel good about themselves.

--Howard L. Millman

Language has created the word 'loneliness' to express the pain of being alone, and the word 'solitude' to express the glory of being alone.

—Paul Tillich

A loving person lives in a loving world.  
A hostile person lives in a hostile world:  
Everyone you meet is your mirror.

--Ken Keyes, Jr.

I know I'm somebody, 'cause God don't make no junk.

—Unknown

I was halfway through life before I discovered that it is a do-it-yourself job.

--Unknown

What lies behind us and what lies before us are tiny matters when compared to what lies within us.

--William Morrow

There is only one person with whom you can profitably compare yourself, and this person is your yesterday self.

--Proverb

If the average person were to give a commensurate kicking to the one responsible for most of his troubles, he couldn't sit down for a week.

--Bud Nelson

Perhaps the only true dignity of man is his capacity to despise himself.

--George Santayana

My sense of my own importance to myself is tremendous. I am all I have, to work with, to play with, to suffer and to enjoy. It is not the eyes of others that I am wary of, but my own.

--Noel Coward

When people are bored, it is primarily with their own selves.

--Eric Hoffer

Pride is the direct appreciation of oneself.

--Arthur Schopenhauer

One may understand the cosmos, but never the ego; the self is more distant than any star.

--G. K. Chesterton

Self-confidence is the first requisite to great undertakings.

--Samuel Johnson

I am as my Creator made me, and since He is satisfied, so am I.

--Minnie Smith

I was never less alone than when by myself.

--Edward Gibbon

Solitude is as needful to the imagination as society is wholesome for the character.

--James Russell Lowell

Each individual thinks himself the center of the world. Nothing seems more important to us than our own existence.

--Alexis Carrel

For me, it is a virtue to be self-centered; I am much better employed from every point of view, when I live solely for my own satisfaction, than when I begin to worry about the world. The world frightens me, and a frightened man is no good for anything.

--George Gissing

We have developed a phobia of being alone; we prefer the most trivial and even obnoxious company, the most meaningless activities, to being alone with ourselves; we seem to be frightened at the prospect of facing ourselves. Is it because we feel we would be such bad company? I think the fear of being alone with ourselves is rather a feeling of embarrassment, bordering sometimes on terror at seeing a person at once so well known and so strange; we are afraid and run away.

--Erich Fromm

One of the greatest necessities in America is to discover creative solitude.

--Carl Sandburg

Conceit is the finest armour a man can wear.

--Jerome K. Jerome

Self-discipline: Controlling your own behavior and actions responsibly without being told.

—Unknown

If you really do put a small value upon yourself, rest assured that the world will not raise your price.

--Unknown

Doubt whom you will, but never yourself.

--Christine Bovee

No one can be truly great until he has gained a knowledge of himself.

--Johann Georg von  
Zimmermann

As soon as you trust yourself, you will know how to live.

--Johann Wolfgang  
von Goethe

Don't discuss yourself, for you are bound to lose; if you belittle yourself, you are believed; if you praise yourself, you are disbelieved.

--Michel de Montaigne

We ought not to isolate ourselves, for we cannot remain in a state of isolation. Social intercourse makes us the more able to bear with ourselves and with others.

--Johann Wolfgang  
von Goethe

It is thus with most of us; we are what other people say we are.

We know ourselves chiefly by hearsay.

--Eric Hoffer

Eat well, grow strong and continue to be beautiful. You are not defined by someone else's ignorance.

—Langston Hughes

What other dungeon is so dark as one's own heart! What jailer so inexorable as one's self!

--Nathaniel Hawthorne

Selfishness is the greatest curse of the human race.

--William Ewart  
Gladstone

The spirit of self-help is the root of all genuine growth in the individual; and, exhibited in the lives of many, it constitutes the true source of national vigor and strength. Help from without is often enfeebling in its effects, but help from within invariably invigorates.

--Samuel Smiles

In battle or business, whatever the game,  
In law or in love, it is ever the same;  
In the struggle for power, or the scramble for self,  
Let this be your motto—Rely on yourself!  
For, whether the prize be a ribbon or throne,  
The victor is he who can go it alone!

--John Godfrey Saxe

I should not talk so much about myself if there were anybody else whom I knew as well.

--Henry David Thoreau

Never depend on anyone except yourself!

--Jean de La Fontaine

Know yourself!

--Greek Proverb

Self-knowledge is the beginning of self-improvement.

--Spanish Proverb

Do you wish people to think well of you? Don't speak well of yourself.

--Blaise Pascal

Each one's himself yet each one's everyone.

--Theodore Roethke

In its widest possible sense, however, a man's Self is the sum total of all that he can call his, not only his body and his psychic powers, but his clothes and his house, his wife and children, his ancestors and friends, his reputation and works, his lands and horses, and yacht and bank account. All these things give him the same emotions. If they wax and prosper, he feels triumphant; if they dwindle and die away, he feels cast down.

--William James

Humility is the most difficult of all virtues to achieve; nothing dies harder than the desire to think well of oneself.

--T. S. Eliot

Man can will nothing unless he has first understood that he must count on no one but himself; that he is alone, abandoned on earth in the midst of his infinite responsibilities, without help, with no other aim than the one he sets himself, with no other destiny than the one he forges for himself on this earth.

--Jean Paul Sartre

When one is a stranger to oneself then one is estranged from others too.

--Anne Morrow  
Lindbergh

Our entire life, with our fine moral code and our precious freedom, consists ultimately in accepting ourselves as we are.

--Jean Anouilh

When I say 'I,' I mean a thing absolutely unique, not to be confused with any other.

--Ugo Betti

No man would, I think, exchange his existence with any other man, however fortunate. We had as lief not be, as not be ourselves.

--William Hazlitt

Not in the clamour of the crowded street,  
Not in the shouts and plaudits of the throng,  
But in ourselves, are triumph and defeat.

--Henry Wadsworth  
Longfellow

Beware of no man more than thyself.

--Thomas Fuller

Self-reverence, self-knowledge, self-control,  
These three alone lead life to sovereign power.

--Alfred, Lord Tennyson

To know oneself, one should assert oneself.

--Albert Camus

He that knows himself knows others.

--Charles Caleb Colton

Wherever we go, whatever we do, self is the sole subject we study and learn.

--Ralph Waldo Emerson

Know thyself! A maxim as pernicious as it is ugly. Whoever observes himself arrests his own development. A caterpillar who wanted to know itself well would never become a butterfly.

--Andre Gide

He who knows others is learned;  
He who knows himself is wise.

--Lao-tzu

Know then thyself, presume not God to scan;  
The proper study of mankind is man.

--Alexander Pope

Each man must look to himself to teach him the meaning of life.  
It is not something discovered: it is something moulded.

--Saint-Exupery

We prefer ourselves to others, only because we have a more intimate consciousness and confirmed opinion of our own claims and merits than of any other person's.

--William Hazlitt

Know thyself.

--*Inscription on the  
Temple at Delphi*

He is a poor creature who does not believe himself to be better than the whole world else. No matter how ill we may be, or how low we may have fallen, we would not change identity with any other person. Hence our self-conceit sustains and always must sustain us till death takes us and our conceit together so that we need no more sustaining.

--Samuel Butler

Every man for himself, the devil for all.

--Robert Burton

I have to live with myself, and so  
I want to be fit for myself to know;  
I want to be able as days go by,  
Always to look myself straight in the eye.  
I don't want to stand with the setting sun  
And hate myself for the things I've done.

--Edgar A. Guest

What a man thinks of himself, that it is which determines, or rather indicates, his fate.

--Henry David Thoreau

Emotionally healthy people are true to themselves and do not masochistically subjugate themselves to or unduly sacrifice themselves for others. They tend to put themselves first—realizing that, if they do not take care of themselves, no one else will—a few selected others second, and the rest of the world not too far behind.

--Albert Ellis

It is easy to live for others; everybody does. I call on you to live for yourselves.

--Ralph Waldo Emerson

Each of us really understands in others only those feelings he is capable of producing himself.

--André Gide

We love in others what we lack ourselves, and would be everything but what we are.

--R. H. Stoddard

We are, in truth, more than a half of what we are by imitation.

--Lord Chesterfield

I often marvel how it is that though each man loves himself beyond all else, he should yet value his own opinion of himself less than that of others.

--Marcus Aurelius

Disabilities can sometimes be definitions. You can think of yourself in terms of what you can't do and never realize the possibilities of what you can do.

--Bonnie St. John

Do not wish to be anything but what you are, and try to be that perfectly.

--St. Francis de Sales

Once you see a child's self-image begin to improve, you will see significant gains in achievement areas, but even more important you will see a child who is beginning to enjoy life more.

--Wayne Dyer

There's more to me than meets the eye,  
I'm beginning to understand.  
It's what I think and how I feel  
That make me what I am.

Why do I do the things I do  
And say the things I say?  
What is important, and how do I tell?  
I'm learning more each day.

I learn from friends and family,  
From work, from play, from school.  
I've also learned to take some time  
To sit and think things through.

The more I learn, the more I grow,  
And then the more I see  
Just how much more I want to know  
The Me I'm Learning To Be!

--Imogene Forte

It is a great mistake to fancy one's self greater than one is, and to value one's self at less than one is worth.

--Johann Wolfgang  
von Goethe

To conquer one's self is a greater task than conquering others.

--Buddha

Do not attempt to do a thing unless you are sure of yourself; but do not relinquish it simply because someone else is not sure of you.

--Stewart E. White

There's only one corner of the universe you can be certain of improving, and that's your own self. So you have to begin there, not outside, not on other people. That comes afterwards, when you have worked on your own corner.

--Aldous Huxley

The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone.

--Orison Swett Marden

All men should strive to learn before they die what they are running from, and to, and why.

--James Thurber

An individual's self-concept is the core of his personality.

--Dr. Joyce Brothers

Who looks outside, dreams; who looks inside, awakes.

--Carl Jung

Our lives teach us who we are.

--Salman Rushdie

This corrosive need to be liked seems often to reflect a special kind of uncertainty about the self, an uncertainty about one's rightness or correctness in style, manner, and thought. It reflects, that is, a need for self-validation.

--Robert E. Lane

Do I contradict myself?

Very well, then I contradict myself,

I am large, I contain multitudes.

--Walt Whitman

Every new adjustment is a crisis in self-esteem.

--Eric Hoffer

Be thine own palace, or the world's thy jail.

--John Donne

I am as my Creator made me, and since He is satisfied, so am I.

--Minnie Smith

In the main it is not by introspection but by reflecting on our living in common with others that we come to know ourselves. What is revealed? It is an original creation. Freely the subject makes himself what he is, never in this life is the making finished, always it is in process, always it is a precarious achievement that can slip and fall and shatter.

--Bernard Lonergan

We judge ourselves by our motives and others by their actions.

--Dwight Morrow

I am I plus my circumstances.

--José Ortega y Gasset

A man can stand a lot as long as he can stand himself. He can live without hope, without friends, without books, even without music, as long as he can listen to his own thoughts.

--Axel Munthe

If I am not for myself, who will be?

--Pirke Avot

You are all you will ever have for certain.

--June Havoc

Good breeding consists in concealing how much we think of ourselves and how little we think of the other person.

--Mark Twain

If your daily life seems poor, do not blame it, blame yourself, tell yourself that you are not poet enough to call forth its riches.

--Rainer Maria Rilke

A man who finds no satisfaction in himself, seeks for it in vain elsewhere.  
--La Rochefoucauld

If I despised myself, it would be no compensation if everyone saluted me, and if I respect myself, it does not trouble me if others hold me lightly.  
--Max Nordau

I am the only person in the world I should like to know thoroughly.  
--Oscar Wilde

The importance of self-image must not be underestimated. The picture you present to the world is only a reflection of the picture you have of yourself. The more you think you are capable of, the more you try to achieve.  
--Bill Cosby

Public opinion is a weak tyrant, compared with our private opinion—what a man thinks of himself, that is which determines, or rather indicates his fate.  
--Henry David Thoreau

It is not enough to understand what we ought to be, unless we know what we are; and we do not understand what we are, unless we know what we ought to be.  
--T. S. Eliot

Adversity introduces a man to himself.  
--Albert Einstein

To others we are not ourselves but a performer in their lives cast for a part we do not even know that we are playing.  
--Princess Elizabeth  
Bibesco

One's own self is well hidden from one's own self; of all mines of treasure, one's own is the last to be dug up.  
--Friedrich Wilhelm  
Nietzsche

Conscience is, in most men, an anticipation of the opinion of others.  
--Sir Henry Taylor

There's no one, no one, loves you like yourself.  
--Brendan Behan

I love people. I love my family, my children...but inside myself is a place where I live all alone and that's where you renew your springs that never dry up.

--Pearl S. Buck

Let the world know you as you are, not as you think you should be—because sooner or later, if you are posing, you will forget the pose and then where are you?

--Fanny Brice

An individual's self-concept is the core of his personality. It affects every aspect of human behavior: the ability to learn, the capacity to grow and change, the choice of friends, mates and careers. It is no exaggeration to say that a strong, positive self-image is the best possible preparation for success in life.

--Dr. Joyce Brothers

No one can make you feel inferior without your consent.

--Eleanor Roosevelt

Do you want to know who you are? Don't ask. Act. Action will delineate and define you. You will find out from your actions.

--Witold Gombrowicz

To dare to live alone is the rarest courage; since there are many who had rather meet their bitterest enemy in the field, than their own hearts in their closet.

—Charles Caleb Colton

We're all sentenced to solitary confinement inside our own skins, for life.

--Tennessee Williams

Any effort that has self-glorification as its final endpoint is bound to end in disaster.

--Robert M. Pirsig

If you believe in yourself, that means you're thinking positively, and you'll make it; you're gonna do it! But if you have a negative image about yourself, you'll really kill yourself. One of the greatest things you have in life is that no one has the authority to tell you what you want to be. You're the one who will decide what you want to be. Respect yourself and respect the integrity of others as well. The greatest thing you have is your self image, a positive opinion of yourself. You must never let anyone take it from you.

--Jaime Escalante

Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself.

--William Faulkner

When I discover who I am, I'll be free.

--Ralph Ellison

The most difficult thing in life is to know yourself.

--Thales

Ninety per cent of the world's woe comes from people not knowing themselves, their abilities, their frailties, and even their real virtues. Most of us go almost all the way through life as complete strangers to ourselves—so how can we know anyone else?

--Sydney J. Harris

The force of selfishness is as inevitable and as calculable as the force of gravitation.

--George Stillman Hillard

He who would be well taken care of must take care of himself.

--William Graham  
Sumner

Do what thy manhood bids thee do, from none but self expect applause; He noblest lives and noblest dies who makes and keeps his self-made laws. All other Life is living Death, a world where none but Phantoms dwell, A breath, a wind, a sound, a voice, a tinkling of the camel-bell.

--Richard Francis Burton

There is no dependence that can be sure but a dependence upon one's self.

--John Gay

When an archer misses the mark he turns and looks for the fault within himself. Failure to hit the bull's eye is never the fault of the target. To improve your aim improve yourself.

--Gilbert Arland

There is no witness so terrible—no accuser so powerful as conscience which dwells within us.

--Sophocles

Hardship and opposition are the native soil of manhood and self-reliance.

--John Neil

I care not so much what I am to others as I respect what I am in myself. I will be rich by myself and not by borrowing.

--Michel de Montaigne

What a man thinks of himself, that it is which determines, or rather indicates, his fate.

--Henry David Thoreau

Self-sacrifice enables us to sacrifice other people without blushing.

--George Bernard Shaw

Whenever two people meet there are really six people present: each man as he sees himself, as the other person sees him, and as he really is.

--William James

In important matters, we expose our best sides; in trivial matters, we disclose ourselves as we really are.

--Sebastien-Roch Nicolas  
de Chamfort

Man shows no greater talent than in his ability to deceive himself.

--Anatole France

It would serve no purpose to see ourselves as others see us—we simply wouldn't believe it.

--Unknown

It is loneliness that makes the loudest noise. This is as true of men as of dogs.

--Eric Hoffer

Nothing is easier than self-deceit. For what each man wishes, that he also believes to be true.

--Demosthenes

The compulsion to take ourselves seriously is in inverse proportion to our creative capacity. When the creative flow dries up, all we have left is our importance.

--Eric Hoffer

The right to be alone is the most comprehensive of rights, and the right most valued by civilized men.

--Louis D. Brandeis

In the main it is not by introspection but by reflecting on our living in common with others that we come to know ourselves.

--Rev. Bernard J. F.  
Lonergan

At nineteen I was a stranger to myself. At forty I asked: Who am I? At fifty I concluded I would never know.

--Edward Dahlberg

If you don't run your own life, someone else will.

--John Atkinson

Have patience with all things but first with yourself. Never confuse your mistakes with your value as a human being. You're a perfectly valuable, creative, worthwhile person simply because you exist. And no amount of triumphs or tribulations can ever change that. Unconditional self-acceptance is the core of a peaceful mind.

--St. Francis de Sales

Self-loving is not so vile a sin, my liege, as self-neglecting.

—William Shakespeare

You are all you will ever have for certain.

--June Havoc

The source of all power is within yourself. Although external circumstances may occasionally hamper you, true movement comes solely from within yourself. The source is latent in everyone, but anyone can learn to tap it. When this happens, power rises like a shimmering well through the center of your body.

--Deng Ming-Dao

There is more in us than we know. If we can be made to see it, perhaps, for the rest of our lives, we will be unwilling to settle for less.

--Kurt Hahn

Growing is a personal attitude toward self and reality.

--Unknown

Until you make peace with who you are, you'll never be content with what you have.  
--Doris Mortman

Genius is recognizing the uniqueness in the unimpressive. It is looking at a homely caterpillar, an ordinary egg and a selfish infant, and seeing a butterfly, an eagle and a saint.

—William Arthur Ward

You have to be your own role model.

--General Colin Powell

He who does not know how much he is worth is worth nothing.

--Spanish Proverb

The most widespread disease in the world is the inferiority complex.

--Stanley Sill

The whole conviction of my life now rests upon the belief that loneliness, far from being a rare and curious phenomenon, is the central and inevitable fact of human existence.

--Thomas Wolfe

People seldom improve when they have no other model but themselves to copy after.

--Oliver Goldsmith

No living being is held by anything so strongly as by its own needs.

--Epictetus

How many cares one loses when one decides not to do something but to be someone!

--Coco Chanel

If there is a single quality that is shared by all great men, it is vanity. But I mean by 'vanity' only that they appreciate their own worth. Without this kind of vanity they would not be great. And with vanity alone, of course, a man is nothing.

--Yousef Karsh

You yourself, as much as anybody in the entire universe, deserve your love and affection.

--Buddha

I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and to incur my own abhorrence.

--Frederick Douglass

Don't worry about knowing people; just make yourself worth knowing.

--Unknown

Every man is the architect of his own fortune.

-- Sallust

Always remember you're unique, just like everyone else.

—Margaret Mead

The achievements which society rewards are won at the cost of diminution of personality.

—Benjamin Jowett

Dreams come a size too big so that we can grow into them.

—Josie Bisset

As you get older you will understand more and more that it's not about what you look like or what you own. It's all about the person you've become.

—Unknown

Never be defined by your past. It was a lesson, not a life sentence.

—*facebook.com/  
Lifebooks*

Don't laugh at a youth for his affectations; he's only trying on one face after another till he finds his own.

--Logan Pearsall Smith

Perfectionism is simply putting a limit on your future. When you have an idea of perfect in your mind, you open the door to constantly comparing what you have now with what you want. That type of self criticism is significantly deterring.

--John Eliot

Egotism is the anaesthetic that dulls the pains of stupidity.

--Frank Leahy

## **MY DECLARATION OF SELF-ESTEEM**

I am me.

In all the world, there is no one else exactly like me. There are persons who have some parts like me, but no one adds up exactly like me. Therefore, everything, that comes out of me is authentically mine because I alone chose it.

I own everything about me --my body, including everything it does; my mind, including all its thoughts and ideas; my eyes, including the images of all they behold; my feelings, whatever they may be—anger, joy, frustration, love, disappointment, excitement; my mouth, and all the words that come out of it—polite, sweet, rough, correct or incorrect; my voice, loud or soft; and all my actions, whether they be to others or to myself.

I own my fantasies, my dreams, my hopes, my fears.

I own all my triumphs and successes, all my failures and mistakes.

Because I own all of me, I can become intimately acquainted with me. By so doing I can love me and be friendly with me in all my parts. I can then make it possible for all of me to work in my best interests.

I know there are aspects about myself that puzzle me, and other aspects that I do not know. But as long as I am friendly and loving to myself, I can courageously and hopefully look for the solutions to the puzzles and for ways to find out more about me.

However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is me. This is authentic and represents where I am at that moment in time.

When I review later how I looked and sounded, what I said and did, and how I thought and felt, some parts may turn out to be unfitting. I can discard that which is unfitting, and keep that which proved fitting, and invent something new for that which I discarded.

I can see, hear, feel, think, say and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me.

I own me, and therefore I can engineer me.

I am me, and I am okay.

--Virginia Satir

## **ME**

I am the only 'me' I've got. I am unique. There are two major parts of me. There is the inside 'me' and the outside 'me.' The outside me is what you see. The way I act, the image I portray, the way I look and the things I do. The outside me is very important. It is my messenger to the world and much of my outside me is what communicates with you. I value what I have done, the way I look, and what I share with you. The inside 'me' knows all my feelings, my secret ideas, and my many hopes and dreams. Sometimes I let you know a little bit about the inside 'me' and sometimes it's a very private part of myself.

Even though there are an enormous number of people in this world, no one is exactly like 'me.' I take full responsibility for 'me' and the more I learn about myself, the more responsibility I am going to take. You see, my 'me' is my responsibility. As I know myself more and more, I find out that I am an OK person. I've done some good things in life because I am a good person. I have accomplished some things in my life because I am a competent person. I know some special people because I am worth knowing. I celebrate the many things I have done for myself.

I've also made some mistakes. I can learn from them. I have also known some people who did not appreciate me. I do not need to keep those people in my life. I've wasted some precious time. I can make new choices now. As long as I can see, hear, feel, think, change, grow and behave, I have great possibility. I'm going to take those risks and those possibilities, and I am going to grow and love and be and celebrate. I am worth it.

--Sharon Wegscheider-  
Cruse

If you compare yourself with others, you may become vain or bitter...for always there will be greater and lesser persons than yourself....Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

--Aurelia Schober Plath

As soon as you trust yourself, you will know how to live.

—Johann Wolfgang von  
Goethe

Look well into thyself; there is a source of strength which will always spring up if thou wilt always look there.

--Marcus Aurelius

Success is not something that can be measured or worn on a watch or hung on the wall. It is not esteem of colleagues or the admiration of the community....Success is a certain knowledge that you have become yourself, the person you were always meant to be.

--George Sheehan

People travel to wonder at the height of the mountains, at the huge waves of the seas, at the long course of the rivers, at the vast compass of the ocean, at the circular motion of the stars, and yet they pass by themselves without wondering.

--St. Augustine

The greatest evil that can befall man is that he should come to think evil of himself.

—Johann Wolfgang von  
Goethe

I'm glad I've got delusions of grandeur. It makes me feel a lot better about myself.

--Jane Wagner

We forfeit three-fourths of ourselves to be like other people.

--Arthur Schopenhauer

There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique.

--Martha Graham

The remarkable thing is that we really love our neighbors as ourselves: we do unto others as we do unto ourselves. We hate others when we hate ourselves. We are tolerant toward others when we tolerate ourselves. We forgive others when we forgive ourselves. It is not love of self but hatred of self which is at the root of the troubles that afflict our world.

--Eric Hoffer

People are like trees; each one must put forth the leaf that is created in him.

--Henry Ward Beecher

A bad reputation is like a hangover. It takes a while to get rid of, and it makes everything else hurt.

--James Preston

I have often wished I had time to cultivate modesty... but I am too busy thinking about myself.

--Edith Sitwell

Friendship with one's self is all important, because without it one cannot be friends with anyone else in the world.

--Eleanor Roosevelt

In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.

--Eleanor Roosevelt

Remember always that you not only have the right to be an individual, you have an obligation to be one.

--Eleanor Roosevelt

You can never really live anyone else's life, not even your child's. The influence you exert is through your own life, and what you've become yourself.

--Eleanor Roosevelt

My one regret in life is that I am not someone else.

--Woody Allen

I'm beginning to understand myself. But it would have been great to be able to understand myself when I was 20 rather than when I was 82.

--Dave Brubeck

The consuming desire of most human beings is deliberately to plant their whole life in the hands of some other person. I would describe this method of searching for happiness as immature. Development of character consists solely in moving toward self-sufficiency.

--Quentin Crisp

Only as you do know yourself can your brain serve you as a sharp and efficient tool. Know your own failings, passions, and prejudices so you can separate them from what you see.

--Bernard Baruch

May I never miss a sunset or a rainbow because I am looking down.

--Sara June Parker

The biggest room in the world is the room for improvement.

—Chinese Proverb

Since you are like no other being ever created since the beginning of Time, you are incomparable.

--Brenda Ueland

Each of us is great insofar as we perceive and act on the infinite possibilities which lie undiscovered and unrecognized about us.

--James Harvey Robinson

We are all worms, but I do believe I'm a glowworm.

--Sir Winston Churchill

Never bend your head.

Always hold it high.

Look the world straight in the eye.

--Helen Keller

I always wanted to be somebody, but now I realize I should have been more specific.

--Lily Tomlin

Don't be humble; you're not that great.

--Golda Meir

Attitude is more important than the past, than education, than money, than circumstances, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company, a church, a home.

--Charles Swindoll

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma— which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

—Steve Jobs

Other people may not have had high expectations for me ... but I had high expectations for myself.

--Shannon Miller

The same man cannot well be skilled in everything; each has his special excellence.

—Euripides

I'm not afraid of storms, for I'm learning how to sail my ship.

--Louisa May Alcott

Let the world know you as you are, not as you think you should be.

--Fanny Brice

We must overcome the notion that we must be regular. It robs you of the chance to be extraordinary and leads you to do the mediocre.

--Uta Hagen

No life is so hard that you can't make it easier by the way you take it.

--Ellen Glasgow

People with self-respect exhibit a certain toughness, a kind of moral nerve: they display what was once called character, a quality which, although approved in the abstract, sometimes loses ground to other, more instantly negotiable virtues. The measure of its slipping prestige is that one tends to think of it only in connection with homely children and United States senators who have been defeated, preferably in the primary, for reelection. Nonetheless, character—the willingness to accept responsibility for one's own life—is the source from which self-respect springs.

—Joan Didion

Behavior is a mirror in which everyone displays his own image.

—Johann Wolfgang von Goethe

I discovered I always have choices and sometimes it's only a choice of attitude.

--Judith M. Knowlton

You will become as small as your controlling desire; as great as your dominant aspiration.

--James Allen

The way to gain a good reputation is to endeavor to be what you desire to appear.  
--Socrates

No one is a light unto himself, not even the sun.  
--Antonio Porchia

I am not what I think I am. I'm not what you think I am. I'm what I think you think I am.  
--Charles Horton Cooley

Our entire life - consists ultimately in accepting ourselves as we are.  
--Jean Anouilh

And above all things, never think that you're not good enough yourself. A man should never think that. My belief is that in life people will take you at your own reckoning.  
--Isaac Asimov

The more you like yourself, the less you are like anyone else, which makes you unique.  
--Walt Disney

Be faithful to that which exists nowhere but in yourself—and thus make yourself indispensable  
--Andre Gide

Self-importance is our greatest enemy. Think about it—what weakens us is feeling offended by the deeds and misdeeds of our fellowmen. Our self-importance requires that we spend most of our lives offended by someone.  
--Carlos Castaneda

Above all things, reverence yourself.  
--Pythagoras

Self-development is a higher duty than self-sacrifice.  
--Elizabeth Cady Stanton

My personal philosophy is quite simple. I am responsible for me and must oversee with great sensitivity the impact of what I say and/or do on others.  
--Barbara Jordan

He who undervalues himself is justly undervalued by others.

--William Hazlitt

When we are unable to find tranquility within ourselves, it is useless to seek it elsewhere.

--Francois de La  
Rochefoucauld

There is only one you... Don't you dare change just because you're outnumbered!

--Charles Swindoll

I see myself as a huge fiery comet, a shooting star. Everyone stops, points up and gasps 'Oh look at that!' Then- whoosh, and I'm gone...and they'll never see anything like it ever again... and they won't be able to forget me—ever.

--Jim Morrison

Trust in yourself. Your perceptions are often far more accurate than you are willing to believe.

--Claudia Black

Insist on yourself; never imitate... Every great man is unique.

--Ralph Waldo Emerson

Sometimes you can't see yourself clearly until you see yourself through the eyes of others.

--Ellen DeGeneres

The nice thing about egotists is that they don't talk about other people.

--Lucille S. Harper

Each of us is a statistical impossibility around which hover a million other lives that were never destined to be born.

--Leslie Eiseley

The ultimate aim of the ego is not to see something, but to be something.

--Muhammed Iqbal

The privilege of a lifetime is being who you are.

--Joseph Campbell

A question that sometimes drives me hazy: am I or are the others crazy?  
--Albert Einstein

It is our choices...that show what we truly are, far more than our abilities  
--J. K. Rowling

The best way to predict your future is to create it.  
--Abraham Lincoln

The reward for conformity was that everyone liked you except yourself.  
--Rita Mae Brown

The way to be nothing is to do nothing.  
--Nathaniel Howe

Originality exists in every individual because each of us differs from the others. We are all primary numbers divisible only by ourselves.  
--Jean Guitton

Self-reflection is the school of wisdom.  
--Baltasar Gracián

Be what you are. This is the first step in becoming better than you are.  
--J. C. Hare and  
A. W. Hare

Such power there is in clear-eyed self-restraint.  
--James Russell Lowell

Be true to your own art, and congratulate yourself if you have done something strange and extravagant and broken the monotony of a decorous age. It was a high counsel that I once heard given to a young person: Always do what you are afraid to do.  
--Ralph Waldo Emerson

I really believe in the philosophy that you create your own universe. I'm just trying to create a good one for myself.  
--Jim Carrey

The more seriously you take yourself, the less others will.  
--John Lenza III

No living being is held by anything so strongly as by its own needs. Whatever therefore appears a hindrance to these...is hated, abhorred, execrated.

--Epictetus

Everything that irritates us about others can lead us to a better understanding of ourselves.

--Carl Jung

After all these years, I am still involved in the process of self-discovery. It's better to explore life and make mistakes than to play it safe. Mistakes are part of the dues one pays for a full life.

--Sophia Loren

Beauty is how you feel inside, and it reflects in your eyes. It is not something physical.

--Sophia Loren

If you ever start to feel too good about yourself, they have this thing called the Internet, and you can find a lot of people there who don't like you.

--Tina Fey

Love is but the discovery of ourselves in others, and the delight in the recognition.

--Alexander Smith

Don't forget to love yourself.

--Søren Kierkegaard

The sweetest sound in the world is the person's own name.

--Dale Carnegie

There is an applause superior to that of the multitudes: one's own

--Elizabeth Elton Smith

There is such a scarcity of good leaders, it may be wisest to lead yourself.

--Unknown

If you act like the best version of yourself, eventually, you fake it 'till you make it.'

--Carrie Fisher

Everybody's Willy Loman on Facebook. Everybody's a salesman. We're a nation of Willys.

--Mike Nichols

Today, the one common feature in American secular culture is its celebration of the self that breaks away from the constrictions of the family and the state, and, in its greatest expressions, from all limits entirely. The great American poem is Whitman's 'Song of Myself.' The great American essay is Emerson's 'Self-Reliance.' The great American novel is Melville's *Moby Dick*, the tale of a man on a quest so lonely that it is incomprehensible to those around him. American culture, high and low, is about self-expression and personal authenticity. Franklin Delano Roosevelt called individualism 'the great watchword of American life.'

--Stephen Marche

Be the heroine of your own story, not the victim.

--Nora Ephron

If we don't want to define ourselves by things as superficial as our appearances, we're stuck with the revolting alternative of being judged by our actions.

--Ellen DeGeneres

Every extreme attitude is a flight from the self.

--Eric Hoffer

It is not love of self but hatred of self which is at the root of the troubles that afflict our world.

--Eric Hoffer

With some people solitariness is an escape not from others but from themselves. For they see in the eyes of others only a reflection of themselves.

--Eric Hoffer

I don't like myself; I'm crazy about myself.

--Mae West

You've gotta be able to come home and explain to your kids what you did that day, without shading it or hiding it. If you find yourself finding a clever way of (talking) to your kids that really doesn't tell the truth but gets you through the answer, what kind of person are you if you want to do that? And there's also the...validation of people you respect.

--Michael Bloomberg

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.

--Dr. Seuss

There is a road, no simple highway,  
Between the dawn and dark of night,  
And if you go no one may follow,  
That path is for your steps alone.

--The Grateful Dead

Think lightly of yourself and think deeply of the world.

—Miyamoto Musashi

Each person is an island unto himself, in a very real sense, and he can only build bridges to other islands if he is first of all willing to be himself and permitted to be himself.

--Carl Rogers

To dare is to lose one's footing momentarily.  
Not to dare is to lose oneself.

--Søren Kierkegaard

Could singlehood be, rather than a state of emergency or a problem that had to be solved, a positive life choice? Is a single person always the unmatched half of something, or could he or she be complete as is?

--Marion Winik

People come up to me and they're worried...that I'll...reproduce.

--Emo Philips

The past is a festering wound; the present the compress vainly applied, painfully torn off. We are all serving a life-sentence in the dungeon of self.

--Cyril Connolly

We shall not ease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time.

—T. S. Eliot

The best things and best people rise out of their separateness; I'm against a homogenized society because I want the cream to rise.

—Robert Frost

You have to slow your life down to find out if you're actually living the life you are meant to live. Are you just gliding? Are you a dead woman or dead man walking? I know a lot of people who talk about being that. They hate their jobs, their lives. It's such a sad commentary on our society. I was not brought up to put myself first, but you have to—because if you're not whole, you're not going to be a good mother, a good partner, you're not going to be good at your job. It's your job to know who you are. What do you value? What's your mission? What makes you happy? It's your job to figure that out today, because that's really what you're supposed to be doing here.

--Maria Shriver

The worst loneliness is not to be comfortable with yourself.

--Mark Twain

I think it's one of the scars in our culture that we have too high an opinion of ourselves. We align ourselves with the angels instead of the higher primates.

--Angela Carter

I have always had a dread of becoming a passenger in life.

--Princess Margaret

Loneliness seems to have become the great American disease.

--John Corry

Don't compromise even if it hurts to be yourself.

--Toby Keith

It is always our own self that we find at the end of the journey. The sooner we face that self, the better.

--Ella Maillart

I'm just like you, only I'm different because I'm me.

--Jim Coleman

Every man builds his world in his own image. He has the power to choose, but no power to escape the necessity of choice.

--Ayn Rand

The man who follows the crowd will usually get no further than the crowd. The man who walks alone is likely to find himself in places no one has ever been.

--Alan Ashley-Pitt

Most people live their life around what other people do.

--Tom Scholz

Simply the thing that I am shall make me live.

--William Shakespeare

You say that my way of thinking cannot be tolerated? What of it? The man who alters his way of thinking to suit others is a fool. My way of thinking is the result of my reflections. It is part of my inner being, the way I am made. I do not contradict them, and would not even if I wished to. For my system, which you disapprove of, is also my greatest comfort in life, the source of all my happiness—it means more to me than my life itself.

--Marquis de Sade

The true portrait of a man is a fusion of what he thinks he is, what others think he is, what he really is and what he tries to be.

--Dore Schary

Funny how we think of romance as always involving two, when the romance of solitude can be ever so much more delicious and intense.

--Tom Robbins

Always compare yourself to the best. Even if you never measure up, it can't help but make you better.

--Tom Robbins

The practice mirror is to be used for the correction of faults, not for a love affair, and the figure you watch should not become your dearest friend.

--Agnes de Mille

If all the world hated you and believed you wicked, while your own conscience approved of you and absolved you from guilt, you would not be without friends.

--Charlotte Bronte

To find yourself, think for yourself.

--Socrates

Know thyself, and thou shalt know the universe.

--Socrates

What you are is what you have been, and what you will be is what you do now.

--The Buddha

At the innermost core of all loneliness is a deep and powerful yearning for union with one's lost self.

--Brendan Francis

Knowledge of the self is the mother of all knowledge. So it is incumbent on me to know my self, to know it completely, to know its minutiae, its characteristics, its subtleties, and its very atoms.

--Kahlil Gibran

We all have different desires and needs, but if we don't discover what we want from ourselves and what we stand for, we will live passively and unfulfilled.

--Bill Watterson

If you don't make your dreams a reality, reality will take away your dreams.

--Eric Pio

Most of us really aren't horribly unique. There are 6 billion of us. Put 'em all in one room and very few would stand out as individuals. So maybe we ought to think of worth in terms of our ability to get along as a part of nature, rather than being the lords over nature.

--Herbert Simon

You've got to follow your passion. You've got to figure out what it is you love—who you really are. And have the courage to do that. I believe that the only courage anybody ever needs is the courage to follow your own dream.

—Oprah Winfrey

Forgive yourself first. Release the need to replay a negative situation over and over again in your mind. Don't become a hostage to your past by always reviewing and reliving your mistakes. Don't remind yourself of what should have, could have or would have been. Release it and let it go. Forgive yourself for your faults and your mistakes and move on.

—Les Brown

Try to be like the turtle - at ease in your own shell.

--Bill Copeland

Think highly of yourself, for the world takes you at your own estimate.

—Winston Churchill

You wouldn't worry so much about what people really thought of you if you knew just how seldom they do.

—Eleanor Roosevelt

Each person is a natural egoist who sees the world as if it were a novel in which he or she were the hero or heroine, but morality begins when a person can see the world as if he or she were a minor character in someone else's novel.

--Gary Saul Morson

As individuals, we are shaped by story from the time of birth; we are formed by what we are told by our parents, our teachers, our intimates.

—Helen Dunmore

Our first and last love is self-love.

—Christian Nestell  
Bovee

What you are is a question only you can answer.

—Lois McMaster Bujold

You just have to do your own thing, no matter what anyone says. It's your life.

—Ethan Embry

To be pleased with one's limits is a wretched state.

—Johann Wolfgang von  
Goethe

If the ancient Greek aphorism *nose te ipsum*—'know thyself'—is any indication, people have been obsessed with being themselves for a very long time. And no wonder: acting like yourself generally goes hand in hand with a sense of well-being—studies have found that people who believe they're behaving authentically are less distressed and have higher self-esteem.

—Julie Beck

We simply need to believe in the power that's within us, and use it.

—Benjamin Hoff

Man must finally awaken...to discover his total solitude, his radical strangeness. He knows now that, like a nomad, he stands at the margin of the universe where he must live. A universe deaf to his music, as indifferent to his hopes as to his sufferings—or to his crimes.

—Jacques Monod

Women's identity must be premised upon our 'beauty' so that we will remain vulnerable to outside approval, carrying the vital sensitive organ of self-esteem exposed to the air.

—Naomi Wolf

It's better to be yourself and have no friends than to be like your friends and have no self.

—Unknown

When I feel good about myself, things start happening for myself. When you look up, you go up.

—Herschel Walker

The greatest possession is self-possession.

—Ethel Watts Mumford

Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly.

—Langston Hughes

I did not lose myself all at once. I rubbed out my face over the years washing away my pain, the same way carvings on stone are worn down by water.

—Amy Tan

The free man owns himself. He can damage himself with either eating or drinking; he can ruin himself with gambling. If he does he is certainly a damn fool, and he might possibly be a damned soul; but if he may not, he is not a free man any more than a dog.

—G. K. Chesterton

Self-esteem is as important to our well-being as legs are to a table. It is essential for physical and mental health and for happiness.

—Louise Hart

My passionate sense of social justice and social responsibility has always contrasted oddly with my pronounced lack of need for direct contact with other human beings and human communities. I am truly a 'lone traveler' and have never belonged to my country, my home, my friends, or even my immediate family, with my whole heart; in the face of all these ties, I have never lost a sense of distance and a need for solitude.

—Albert Einstein

I have only three enemies: self-pity, false guilt and fear.

—Hillary Casavant

One can be instructed in society; one is inspired only in solitude.

—Johann Wolfgang von  
Goethe

There is no such thing as a person that nothing has happened to, and each person's story is as different as his fingertips.

—Elsa Lanchester

The easiest thing to be in the world is you. The most difficult thing to be is what other people want you to be. Don't let them put you in that position.

—Leo Buscaglia

Nothing is a greater impediment to being on good terms with others than being ill at ease with yourself.

—Honore de Balzac

The authentic self is the soul made visible.

—Sarah Ban Breathnach

If you end up with a boring miserable life because you listened to your mom, your dad, your teacher, your priest, or some guy on television telling you how to do your shit, then you deserve it.

—Frank Zappa

At this point, a mirror is likely the most photographed object in the world.

—*TL;DR Wikipedia*

You are a child of the Universe, no less than the moon and the stars you have a right to be here. And whether or not it is clear to you, no doubt the Universe is unfolding as it should.

—Max Ehrmann

Love yourself first and everything else falls into line.

—Lucille Ball

I have never found a companion that was so companionable as solitude. We are for the most part more lonely when we go abroad among men than when we stay in our chambers. A man thinking or working is always alone, let him be where he will.

—Henry David Thoreau

I have an inferiority complex; it's just not a very good one.

—Steven Wright

Fashion is about dressing according to what's fashionable. Style is more about being yourself.

—Oscar de la Renta

Men with style are great because they have a sense of self.

—Lexa Doig

Inside every woman, is a crazy girl. And we all know what I'm talking about. That part of you that is entangled with insecurities, fears, and absolute insanity! The art of femininity lies in the molding, pounding, and defeating of that crazy girl on a daily basis! Look at any woman, and you're looking at a woman fighting a daily battle, wielding her weapons in war, every day! I have said it before and I'll say it again: it is never easy being a woman! And if we could only pound that crazy, insecure girl out of ourselves, it would make such the difference!

—C. JoyBell C.

A part of a healthy conscience is being able to confront consciencelessness. When you teach your daughter, explicitly or by passive rejection, that she must ignore her outrage, that she must be kind and accepting to the point of not defending herself or other people, that she must not rock the boat for any reason, you are NOT strengthening her prosocial sense, you are damaging it--and the first person she will stop protecting is herself.

—Martha Stout

Man's main task in life is to give birth to himself, to become what he potentially is. The most important product of his effort is his own personality.

—Erich Fromm

Accept the past as the past and realize that each new day you are a new person who doesn't need to carry old baggage into the new day with you. It's amazing how many people ruin the beauty of today with the sorrows of yesterday. Yesterday doesn't exist anymore! For example, if ever I feel foolish or guilty about something I've done, I learn from it and attempt to do better the next time. Shame or guilt serves no one. Such feelings actually keep us down, often lowering the vibrations of those around us, as well. Living in the present moment is the recurring baptism of the soul, forever purifying every new day with a new you.

—Alaric Hutchinson

Self-esteem comes from not letting unrelated external occurrences be tied to your own self-worth.

—Sam Owen

We must interpret a bad temper as the sign of an inferiority complex.

--Dr. Alfred Adler

The price of hating other human beings is loving oneself less.

--Eldridge Cleaver

All violence is an attempt to replace shame with self-esteem.

—James Gilligan

All depression has its roots in self-pity, and all self-pity is rooted in people taking themselves too seriously.

—Tom Robbins

Shame is internalized when one is abandoned. Abandonment is the precise term to describe how one loses one's authentic self and ceases to exist psychologically.

—John Bradshaw

The purpose of the false self is to defend against pain - not deal with reality.

—Robert W. Firestone

When someone says 'that's just my personality,' or 'that's just who I am,' they're often saying, 'I don't want to work on that flaw.'

—Erik Torenberg

There's one problem with all psychological knowledge - nobody can apply it to themselves. People can be incredibly astute about the shortcomings of their friends, spouses, children. But they have no insight into themselves at all. The same people who are coldly clear-eyed about the world around them have nothing but fantasies about themselves. Psychological knowledge doesn't work if you look in a mirror. This bizarre fact is, as far as I know, unexplained.

—Michael Crichton

Everybody talks about wanting to change things and help and fix, but ultimately all you can do is fix yourself. And that's a lot. Because if you can fix yourself, it has a ripple effect.

--Rob Reiner

All children should be taught to unconditionally accept, approve, admire, appreciate, forgive, trust, and ultimately, love their own person.

—Asa Don Brown

To free us from the expectations of others, to give us back to ourselves—there lies the great, singular power of self-respect.

—Joan Didion

Self-pity is our worst enemy and if we yield to it, we can never do anything good in the world.

—Hellen Keller

Tell me who admires and loves you, and I will tell you who you are.

—Antoine de Saint-Exupery

I'm basically a very happy person and I don't have to be anybody else.

—Jilly Cooper

The most important questions in life can never be answered by anyone except oneself.

—John Fowles

There is no such thing as society.

—Margaret Thatcher

Look in the mirror and embrace yourself. Love yourself the way you are.  
—Dr. Bill Thomas

Be like the bird who, pausing in her flight awhile on boughs too slight,  
Feels them give way beneath her,  
And yet sings, knowing she hath wings.  
—Victor Hugo

There is no meaning to life except the meaning man gives his life by unfolding of his powers.  
—Erich Fromm

The courage to be is the courage to accept oneself, in spite of being unacceptable.  
—Paul Tillich

I sometimes wonder if the inability to find oneself makes one seek oneself in other people, in characters.  
—John Cazale

Never follow somebody else's path; it doesn't work the same way twice for anyone... the path follows you and rolls up behind you as you walk, forcing the next person to find their own way.  
—J. Michael Straczynski

Half the pleasure of solitude comes from having with us some friend to whom we can say how sweet solitude is.  
—William Jay

I'm not interested in trying to work on people's perceptions. I am who I am, and if you don't take the time to learn about that, then your perception is going to be your problem.  
—Jim Brown

We know what we are, but know not what we may be.  
—William Shakespeare

Do not lose hold of your dreams or aspirations. For if you do, you may still exist but you have ceased to live.  
—Henry David Thoreau

Who in the world am I? Ah, that's the great puzzle.

—Lewis Carroll

Sometimes I worry that I haven't lived up to my potential. Other times, I fear that I have.

—Chip Sansom

As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being.

—Carl Jung

It never ceases to amaze me: we all love ourselves more than other people, but care more about their opinions than our own.

—Marcus Aurelius

I don't want other people to decide who I am. I want to decide that for myself.

—Emma Watson

Smart girls are the over-thinkers, the insecure ones, the different ones. They know what the real world is like. They analyze every little thing in life. Why? To avoid getting hurt. To find happiness. They stay up at night trying to think about every possible situation to get through all the problems. They think too much. They trust less people. Their insecurity proves their respect towards themselves. Of course they try to live away from a drama-filled life. Smart girls know their worth, now that's the ones worth keeping by your side.

—Drake

I love the person I've become, because I fought to become her.

—Kaci Diane

Always be a first rate version of yourself and not a second rate version of someone else.

—Judy Garland

Life is a quarry, out of which we are to mold and chisel and complete a character.

—Samuel Butler

Just trust yourself, then you will know how to live.

—Johann Wolfgang von  
Goethe

No one can figure out your worth but you.

—Pearl Bailey

I think we all want to be remembered for what we did.

—Jack Youngblood

Keep away from people who belittle your ambitions. Small people always do that, but the really great make you feel that you too can become great.

—Mark Twain

What we must decide is how we are valuable rather than how valuable we are.

—Edgar Z. Friedenberg

Whatever you want in life, other people are going to want it too. Believe in yourself enough to accept the idea that you have an equal right to it.

—Diane Sawyer

Simply the thing that I am shall make me live.

—William Shakespeare

Do as much as possible, and talk of yourself as little as possible.

—Sallust

I define success as being comfortable with yourself and your life. And that is about as good as it gets, really.

—Treat Williams

For the potential of the oak lies vibrating within the atomic structure of the acorn, as does the flower live within the bud and the Self within man.

—Master Subramuniya

I desire that there be as many different persons in the world as possible; I would have each one be very careful to find out and preserve his own way.

—Henry David Thoreau

Work harder on yourself than you do on your job.

—Jim Rohn

Learn to be alone and to like it. There is nothing more freeing and empowering than learning to like your own company.

—Mandy Hale

Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, 'This is the real me,' and when you have found that attitude, follow it.

—James Truslow Adams

I have no right, by anything I do or say, to demean a human being in his own eyes. What matters is not what I think of him; it is what he thinks of himself. To undermine a man's self-respect is a sin.

—Antoine de Saint-  
Exupery

A human being's first responsibility is to shake hands with himself.

—Henry Winkler

It's easy to say young people should believe in themselves, but the number one thing is recognizing that it's a journey, that you have to build confidence in yourself.

—Andrew Shue

We are all prisoners of our own history.

—Roland Joffe

All men's miseries derive from not being able to sit in a quiet room alone.

—Blaise Pascal

Begin to be now what you will be hereafter.

—William James

Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.

—Martin Luther  
King, Jr.

The man who trims himself to suit everybody will soon whittle himself away.

—Charles Schwab

I don't feel as though I have to prove anything to anybody.

—Patti LaBelle

Let your smile change the world, not the world change your smile.

—*Inspiremore.com*

Don't let anything stand in the way of you claiming and manifesting the life that you choose rather than the life you have by default.

—Joy Page

He who is in love with himself has at least this advantage—he won't encounter many rivals.

—Georg C. Lichtenberg

I am learning how to walk away from people and situations that threaten my peace of mind, self respect, or my self worth.

—*EnchantingMinds.net*

Resolve to find thyself; and to know that he who finds himself, loses his misery.

—Matthew Arnold

Happiness is found when you stop comparing yourself to other people.

— Meir Ezra

The only keeper of your happiness is you. Stop giving people the power to control your smile, your worth and your attitude.

—Mandy Hale

Nothing in nature blooms all year. Be patient with yourself.

—Unknown

Within yourself deliverance must be searched for, because each man makes his own prison.

—Edwin Arnold

At any given moment you have the power to say: This is not how the story is going to end.

—*mindsetofgreatness*

A human being is a single being. Unique and unrepeatable.

—Eileen Caddy

You don't need to get the best grades or do the best anything. Just do what makes you smile.

—*Unmasked*-High school  
Film

Luthar constructed a profile of elite American adolescents whose self-worth is tied to their achievements and who see themselves as catastrophically flawed if they don't meet the highest standards of success. Because a certain kind of success seems well within reach, they feel they have to attain it at all costs—a phenomenon she refers to as 'I can, therefore I must.' Middle-class kids, she told me, generally do not live with the expectation that they should go to Stanford or earn \$200,000 a year. 'If I've never been to the moon,' she said of middle-class families, 'why would I expect my kids to go there?' The yardstick for the children of the meritocratic elite is different, and it can intimidate as much as it can empower.

—Hanna Rosin citing a  
Yale psychiatry  
department study  
by Suniya Luthar

Isn't everyone a part of everyone else

—Budd Schulberg

When someone you love dies, you are given the gift of 'second chances'. Their eulogy is a reminder that the living can turn their lives around at any point. You're not bound by the past; that is who you used to be. You're reminded that your feelings are not who you are, but how you felt at that moment. Your bad choices defined you yesterday, but they are not who you are today. Your future doesn't have to travel the same path with the same people. You can start over. You don't have to apologize to people that won't listen. You don't have to justify your feelings or actions, during a difficult time in your life. You don't have to put up with people that are insecure and want you to fail. All you have to do is walk forward with a positive outlook, and trust that God has a plan that is greater than the sorrow you left behind. The people of quality that were meant to be in your life won't need you to explain the beauty of your heart. They already understand what being human is----a roller coaster ride of emotions during rainstorms and sunshine, sprinkled with moments when you can almost reach the stars.

—Shannon L. Alder

Something wonderful begins to happen with the simple realization that life, like an automobile, is driven from the inside out, not the other way around. As you focus more on becoming more peaceful with where you are, rather than focusing on where you would rather be, you begin to find peace right now, in the present. Then, as you move around, try new things, and meet new people, you carry that sense of inner peace with you. It's absolutely true that, 'Wherever you go, there you are.'

—Richard Carlson

Everything around you that you call life was made up by people...and you can change it.

—Steve Jobs

I will not let anyone walk through my mind with their dirty feet.

—Mahatma Gandhi

It's OK to be yourself even if you're a little different. It's better to be disliked for who you are than to be loved for someone you're not!

—Unknown

Comparison is the thief of joy.

—Theodore Roosevelt

Mirror, mirror on the wall...

It does not matter if I'm short or tall...

If I have skinny legs or my hips are wide...

It only matters who I am inside...

Blue eyes, brown eyes, black or green...

What makes me most beautiful cannot be seen...

When you look at me, don't judge me by my parts...

The most beautiful thing about me is my heart.

—Unknown

She was beautiful, but not like those girls in the magazines. She was beautiful, for the way she thought. She was beautiful, for that sparkle in her eyes when she talked about something she loved. She was beautiful, for her ability to make other people smile even if she was sad. No, she wasn't beautiful for something as temporary as her looks. She was beautiful, deep down to her soul.

—F. Scott Fitzgerald

If you cannot find peace within yourself, you will never find it anywhere else.

—Marvin Gaye

I don't think anyone could ever criticize me more severely than the way I viciously criticize myself.

—*wattpad.com*

Broken crayons still color.

—*southpawonline.com*

there's a bluebird in my heart that  
wants to get out  
but I'm too tough for him,  
I say, stay in there, I'm not going  
to let anybody see  
you.

—Charles Bukowski

Real loneliness is not necessarily limited to when you are alone.

—Charles Bukowski

The man with insight enough to admit his limitations comes nearest to perfection.

—Johann Wolfgang von  
Goethe

I've been single for a while and I have to say, it's going very well. I think I might be the one.

—Rebel Circus

When you come to the point where you have no need to impress anybody, your freedom will begin.

—*Santabanta.com*

Being a little weird is just a natural side-effect of being awesome.

—Sue Fitzmaurice

The way people treat you is a statement about who they are as a human being. It is not a statement about you.

—Unknown

People are afraid of themselves, of their own reality; their feelings most of all. People talk about how great love is, but that's bullshit. Love hurts. Feelings are disturbing. People are taught that pain is evil and dangerous. How can they deal with love if they're afraid to feel? Pain is meant to wake us up. People try to hide their pain. But they're wrong. Pain is something to carry, like a radio. You feel your strength in the experience of pain. It's all in how you carry it. That's what matters. Pain is a feeling. Your feelings are a part of you. Your own reality. If you feel ashamed of them, and hide them, you're letting society destroy your reality. You should stand up for your right to feel your pain.

—Jim Morrison

I don't have time to worry about who doesn't like me...I'm too busy loving the people who love me.

—*facebook.com/YouAreMyOxy*

He who allows himself to be insulted deserves to be.

—Pierre Corneille

Sometimes people think they know you. They know a few facts about you, and they piece you together in a way that makes sense to them. And if you don't know yourself very well, you might even believe that they are right. But the truth is, that isn't you. That isn't you at all.

—Leila Sales

Friends can help each other. A true friend is someone who lets you have total freedom to be yourself – and especially to feel. Or, not feel. Whatever you happen to be feeling at the moment is fine with them. That's what real love amounts to – letting a person be what he really is.

—Jim Morrison

Sometimes, I sit alone under the stars and think of the galaxies inside my heart, and truly wonder if anyone will ever want to make sense of all that I am.

—Christopher Poindexter

She is a beautiful piece of broken pottery, put back together by her own hands. And a critical world judges her cracks while missing the beauty of how she made herself whole again.

—J. M. Storm

Self-consciousness is the enemy of all art, be it acting, writing, painting or living itself, which is the greatest art of all. Creativity, at heart, is the essence of man's being.

—Ray Bradbury

Where talent is a dwarf, self-esteem is a giant.

—John Petit-Senn

It is not in life but in art that self-fulfillment is to be found.

--George Woodcock

When you judge another you do not define them, you define yourself.

—Wayne Dyer

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

—Ralph Waldo Emerson

Each of us becomes the person we always wanted to be.

—Maya Angelou

One thing you have to give up is attaching importance to what people see in you.

—Jeanne Moreau

Some people will never 'get you'. Do not spend eternity asking why. People will see you differently, just cherish those who lift your soul.

—Dodinsky's *Garden of Thoughts*

I am too intelligent, too demanding, and too resourceful for anyone to be able to take charge of me entirely. No one knows me or loves me completely. I have only myself.

—Simone de Beauvoir

Can you remember who you were, before the world told you who you should be?

—Danielle LaPorte

The one thing that doesn't abide by majority rule is a person's conscience.

—Harper Lee

I can't control your behavior; not do I want that burden...but I will not apologize for refusing to be disrespected, to be lied to, or to be mistreated. I have standards; step up or step out.

—Seve Maraboli

It is forbidden to not be yourself in front of others, pretending around people you don't care about, trying to be funny just so you'll be remembered, to forget about all the people who love you.

—José N. Harris

Be yourself. People don't have to like you, but you don't have to care.

—*livelifehappy.com*

We cease loving ourselves if no one loves us.

—Madame de Stael

Behind every young child who believes in himself is a parent who believed first.

—Mathew L. Jacobson

I am in competition with no one. I have no desire to play the game of being better than anyone. I'm simply trying to be better than the person I was yesterday.

—*RawForBeauty.com*

The world is made for people who aren't cursed with self-awareness.

—Annie Savoy in *Bull Durham*

You're going to meet people who are intimidated by you. You're different. People don't know how to react or how to accept people who don't follow the crowd...They are not used to someone who doesn't fit in—so instead of bolstering your uniqueness, they'll try to make you feel like you're weird or damaged. I'm here to offer some well-earned advice: Screw them.

—*facebook / the idealist*

The only person you are destined to become is the person you decide to be.

—Ralph Waldo Emerson

You either get bitter or you get better. It's that simple. You either take what has been dealt to you and allow it to make you a better person, or you allow it to tear you down. The choice does not belong to fate, it belongs to you.

—Josh Shipp

One small crack does not mean you are broken. It means that you were put to the test and you didn't fall apart.

—Linda Poindexter

How difficult it is to remain just one person.

—Czeslaw Milosz

Trust yourself. Think for yourself. Act for yourself. Speak for yourself. Be yourself. Imitation is suicide.

—Marva Collins

The call it a 'selfie' because 'narcissistic' is too hard to spell.

—*Facebook Meme*

I feel that it is healthier to look out at the world through a window than through a mirror. Otherwise, all you see is yourself and whatever is behind you.

—Bill Withers

Everybody likes to go their own way--to choose their own time and manner of devotion.

—Jane Austen

You're not broken. Someone who didn't love you convinced you that you are.

—Unknown

In so many ways I feel like I'm new to myself. I believe all of us, in every stage of our lives, are coming of age.

—Sally Field

Every man is more than just himself; he also represents the unique, the very special and always significant and remarkable point at which the world's phenomena intersect, only once in this way, and never again.

—Hermann Hesse

Let the world know why you're here, and do it with passion.

—Dr. Wayne Dyer

We can help one another to find out the meaning of life, no doubt. But in the last analysis the individual person is responsible for living his own life and for 'finding himself.' Others can give you a name or a number, but they can never tell you who you really are. That is something you yourself can only discover from within.

—Thomas Merton

The adjusted American lacks self-approval; that is to say, he has not developed a self-image that he can believe is both accurate and acceptable. The culture abounds with misdirections, which the adjusted American acquires....Perhaps above all he learns to seek self-acceptance indirectly, by seeking to substitute the good opinions of others for self-approval. It is thus that he becomes 'other directed.'

—Gail and Snell Putney

There's only one me, and I'm stuck with him.

—Robert L. Stanfield

Man will do nothing unless he has first understood that he must count on no one but himself; that he is alone, abandoned on earth in the midst of his infinite responsibilities; without help, with no other aim than the one he sets himself, with no other destiny than the one he forges for himself on this earth

—Jean-Paul Sartre

Zen points out that our precious ‘self’ is just an idea.... When we are no longer identified with the idea of ourselves, the entire relationship between subject and object, knower and known undergoes a sudden and revolutionary change. It becomes a real relationship, a mutuality in which the subject creates the object just as much as the object creates the subject. The knower no longer feels himself to be independent of the known; the experiencer no longer feels himself to stand apart from the experience. If we are looking for a concrete reality, we shall find it between the individual and the world, ‘as the concrete coin is ‘between’ the abstract, Euclidean surfaces of its two sides.’

—Alan Watts

This above all: to thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.

—William Shakespeare

Look thou within: within thee is the fountain of good, and it will ever spring, if thou wilt ever delve.

—Marcus Aurelius

They would not find me changed from him they knew—  
Only more sure of all I thought was true.

—Robert Frost

To live without self-respect is to lie awake some night, beyond the reach of warm milk, phenobarbital, and the sleeping hand on the coverlet, counting up the sins of commission and omission, the trusts betrayed, the promises subtly broken, the gifts irrevocably wasted through sloth or cowardice or carelessness. However long we postpone it, we eventually lie down alone in that notoriously uncomfortable bed, the one we make ourselves. Whether or not we sleep in it depends, of course, on whether or not we respect ourselves.

—Joan Didion

The narrator of Mary McCarthy’s *The Company She Keeps* could be seen as ‘enslaved because she persists in looking for her identity in a man.’

—Joan Didion

To have that sense of one's intrinsic worth which constitutes self-respect is potentially to have everything: the ability to discriminate, to love and to remain indifferent.

—Joan Didion

Faith in a holy cause is to a considerable extent a substitute for lost faith in ourselves.

—Eric Hoffer

It's a sign of your own worth sometimes if you are hated by the right people.

—Miles Franklin

To say that a man is vain means merely that he is pleased with the effect he produces on other people. A conceited man is satisfied with the effect he produces on himself.

—Max Beerbohm

Self-respect is the root of discipline: the sense of dignity grows with the ability to say no to oneself.

—Abraham Joshua  
Heschel

In the end I'm the only one who knows me.

—Donnie Wahlberg

One important key to success is self-confidence. An important key to self-confidence is preparation.

—Arthur Ashe

When you look at yourself from a universal standpoint, something inside always reminds or informs you that there are bigger and better things to worry about.

—Albert Einstein

I may not be perfect but I'm always me!!!

—Unknown

Make sure your worst enemy is not living between your own two ears.

—Laird Hamilton

Not until we are lost do we begin to understand ourselves.

—Henry David  
Thoreau

You can't let people scare you. You can't go your whole life trying to please everyone else. You can't go through life worried about what everyone else is going to think. Whether it's your hair, clothes, what you have to say, how you feel, what you believe and what you have. You can't let the judgment of others stop you from being you. Because if you do, you're no longer you. You're someone everyone else wants you to be.

—Unknown

Don't lower your standards for anyone. If they can't see the best in you, they don't deserve to be in your life.

—*WomenWorking.com*

You know what outfit looks the best on everybody? Self-confidence. Rock it and own it.

—Jayne Robinson

I don't care if YOU like me...I like me.

—Ged Backland

Seeking love keeps you from the awareness that you already have it—that you are it.

—Byron Katie

Ships don't sink because of the water around them; ships sink because of the water that gets in them. Don't let what's happening around you get inside you and weigh you down.

—Joel Osteen

The hardest walk is walking alone, but it's also the walk that makes you the strongest.

—Cathy Newman

You don't find your worth in a man. You find your worth within yourself and then find a man who's worthy of you.

—*mindsjournal.com*

Writing is used as a proof of my identity.

--Sylvia Plath

For what it's worth, it's never too late to be whoever you want to be. I hope you live a life you're proud of, and if you find that you're not, I hope you have the strength to start over.

—Eric Roth

Ever loved someone so much you would do anything for them? Yeah, well, make that someone yourself and do whatever the hell you want.

—Harvey Specter

There is an epidemic right now of girls dumbing themselves down... in middle school because they think it makes them attractive.

—Danica McKellar

The one thing that you have that nobody else has is you. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and live as only you can.

—Neil Gaiman

Ignore people who say you can't do it, even if this person is yourself.

—Martha Reed

Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power.

—Lao Tzu

A lot of people will give up on you. Just make sure you're not one of them!

—Unknown

You don't ever have to feel guilty about removing toxic people from your life. It doesn't matter whether someone is a relative, romantic interest, employer, childhood friend, or a new acquaintance — you don't have to make room for people who cause you pain or make you feel small. It's one thing if a person owns up to their behavior and makes an effort to change. But if a person disregards your feelings, ignores your boundaries, and 'continues' to treat you in a harmful way, they need to go.

—Daniell Koepke

Pause and remember—The only person you need to believe in you is—you!  
—Jenni Young

Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul.

—Mario Quintana

If you don't like where you are, move. You are not a tree.

—Jim Rohn

Let people know what you stand for—and what you won't stand for.

—H. Jackson Brown, Jr.

The acorn is not a deficient fully grown oak, nor is the sapling an incomplete tree....You are in this moment exactly what you are. You do not lack anything, nor is there anything broken or missing. You have all the power and potential you need for further growth.

--Don Havis

The greatest opportunity is where you are. Do not despise your own place and hour. Every place is under the stars, every place is the center of the world.

--John Burroughs

Don't let someone who did you wrong make you think there's something wrong with you. Don't devalue yourself because they didn't value you. Know your worth even if they don't.

—Trent Shelton

People who think they're perfect are very annoying to those of us who really are.

—Unknown

Always focus on the front windshield and not the rearview mirror.

—Colin Powell

Wanting to be someone else is a waste of the person you are.

—Kurt Cobain

We get so much in the habit of wearing disguises before others that we finally appear disguised before ourselves.

—Francois de La  
Rochefoucauld

Without self-discovery, a person may still have self confidence, but it is a self confidence built on ignorance and it melts in the face of heavy burdens. Self discovery is the end product of a great challenge mastered, when the mind commands the body to do the seemingly impossible, when courage and strength are summoned to extraordinary limits for the sake of something outside the self—a principle, an onerous task, another human life.

—Kurt Hahn

The delights of self-discovery are always available.

--Gail Sheehy

Let me grow as I be. And try to understand why I want to grow like me;  
Not like my mom wants to be  
Nor like my dad hopes I'll be  
Or my teacher thinks I should be  
Please try to understand and help me grow  
Just like me!

--Gladys Andrews  
Fleming

A man wrapped up in himself makes a very small bundle.

—Benjamin Franklin

Don't let anyone think little of you because you are young.

—1 Timothy 4:12

How can you come to know yourself? Never by thinking, always by doing. Try to do your duty, and you'll know right away what you amount to. And what is your duty? Whatever the day calls for.

--Johann Wolfgang von  
Goethe

I felt if I didn't write nobody would accept me as a human being. Writing, then, was a substitute for myself: if you don't love me, love my writing & love me for my writing.

--Sylvia Plath

Men can starve from a lack of self-realization as much as they can from a lack of bread.

—Richard Wright

Self-image sets the boundaries of individual accomplishment.

—Maxwell Maltz

The first and the best victory is to conquer self. To be conquered by self is, of all things, the most shameful and vile.

—Plato

What are these kids really vomiting up every weekend at their fancy colleges? Is it really just 12 shots of apple-flavored vodka? Or is it a set of values, an attitude toward the self and toward others, that has become increasingly hard for them to stomach?

—Caitlin Flanagan

It's not what you are that holds you back, it's what you think you are not.

—Denis Watley

Don't settle: Don't finish crappy books. If you don't like the menu, leave the restaurant. If you're not on the right path, get off it.

—Chris Brogan

You are what you do, not what you say you'll do.

—Carl Gustav Jung

Life isn't about finding yourself. Life is about creating yourself.

—George Bernard Shaw

Ordinary riches can be stolen; real riches cannot. In your soul are infinitely precious things that cannot be taken from you.

—Oscar Wilde

Be yourself; everyone else is already taken.

—Oscar Wilde

I am now quite cured of seeking pleasure in society, be it country or town. A sensible man ought to find sufficient company in himself.

—Emily Bronte

The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself.

—Anna Quindlen

Our ambition should be to rule ourselves, the true kingdom for each one of us; and true progress is to know more, and be more, and to do more.

—Oscar Wilde

Knowing what you cannot do is more important than knowing what you can do.

—Lucille Ball

Sometimes I feel discriminated against, but it does not make me angry. It merely astonishes me. How can any deny themselves the pleasure of my company? It's beyond me.

—Zora Neale Hurston

None will improve your lot  
If you yourselves do not.

—Bertolt Brecht

To be what we are, and to become what we are capable of becoming, is the only end of life.

--Robert Louis Stevenson

Let me grow as I be. And try to understand why I want to grow like me;  
Not like my mom wants to be  
Nor like my dad hopes I'll be  
Or my teacher thinks I should be  
Please try to understand and help me grow  
Just like me!

--Gladys Andrews  
Fleming

There is no finer sensations in life than that which comes with victory over one's self. Go forward to a goal of inward achievement, brushing aside all your old internal enemies as you advance.

—Vash Young

How we picture ourselves, the language we use about ourselves and our family, the stories we tell about ourselves or which we allow others to tell, whom we compare ourselves with, what we think we will become, how we define our own universe, these are the raw material from which we spin our web of personal mythology.

—Hedley Beare

We all have to fight the werewolf within us somehow.

—William Kempe

As a person experiences success, he often is motivated to strive for other success, with the end result being a more positive feeling about himself—a feeling of ‘I can-ness.’

—Sheila B. Feigelson  
and Patricia  
Edwards

Education starts with knowledge of yourself.

--Jerome Avery

A person learns significantly only those things which he perceives as being involved in the maintenance of, or enhancement of, the structure of self.

--Carl Rogers

If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life.

—Abraham Maslow

What is necessary to change a person is to change his awareness of himself.

—Abraham H. Maslow

The function of a child is to live his/her own life, not the life that his/her anxious parents think he/she should live, nor a life according to the purpose of the educators who think they know best.

—A. S. Neill

Self-trust is the first secret of success.

--Ralph Waldo Emerson

The essence of independence is to be able to do something for one’s self.

—Maria Montessori

No one is born fully-formed: it is through self-experience in the world that we become what we are.

— Paulo Freire

Think wrongly, if you please, but in all cases think for yourself.

—Doris Lessing

There is a time in every man's education when he arrives at the conviction that envy is ignorance; that imitation is suicide; that he must take himself for better, for worse, as his portion; that though the wide universe is full of good, no kernel of nourishing corn can come to him but through his toil bestowed on that plot of ground which is given to him to till.

--Ralph Waldo Emerson

Real education should educate us out of self into something far finer—into selflessness which links us to all humanity.

—Mary Astor

The person who you're with most in life is yourself, and if you don't like yourself, you're always with somebody you don't like.

—Mark Lewis

You have to leave the city of your comfort and go into the wilderness of your intuition. You can't get there by bus, only by hard work and risk and by not quite knowing what you're doing, but what you'll discover will be wonderful. What you'll discover will be yourself.

—Alan Alda

When you are tempted to compare yourself to others, remind yourself of this thought: no one is above the other. We are only born different.

—Alexi Weaver

As soon as you can say what you think, and not what some other person has thought for you—you are on your way to being a remarkable person.

--J. M. Barrie

Some people have no original ideas because they do not think well enough of themselves to consider their ideas worth noticing and developing.

--Eric Hoffer

To find yourself, think for yourself.

--Socrates

Life is a constant challenge to know oneself.

—Sri Rajneesh,  
AKA Osho

We do not conquer mountains, nor tame the elements. The true conquest lies in penetrating the self-imposed barriers, those limitations within our minds.

—John Amatt

So long as the source of our identity is external—vested in how others judge our performance at work, or how others judge our children’s performance, or how much money we make—we will find ourselves hopelessly flawed, forever short of the ideal.

—Melinda M. Marshall

Every word, facial expression, gesture, or action on the part of a parent gives the child some message about self-worth.

--Virginia Satir

Parents need to fill a child’s bucket of self-esteem so high that the rest of the world can’t poke enough holes in it to drain it dry.

--Alvin Price

The most loving parents and relatives commit murder with smiles on their faces. They force us to destroy the person we really are: a subtle kind of murder.

--Jim Morrison

Will you teach me how to sail,  
through space upon a comet’s tail?  
Will you teach me how to fly,  
to sail the skies on wings untried?  
Will you teach me how to soar,  
to see things never seen before?  
But most importantly of all,  
Will you teach me how to fall?  
Will you teach me how to cry,  
to release feelings deep inside?  
Will you teach me how to laugh,  
and travel off the beaten path?  
Will you teach me how to dream,  
to face the future sight-unseen?  
Will you teach me how to be,  
the only thing I can be,  
me.

--Robert Ricken

## ON PARENTS

I bring home my test  
    proud of my B  
'You could do better'  
    is what they say to me  
I jump and run  
    let out a screech  
They say 'act your age'  
    along with a speech  
After my game  
    I sit down and rest  
All they could say was  
    'you didn't try your best'  
They expect of me  
    what I cannot give  
And are constantly telling me  
    how to live  
I'm only thirteen  
    I'm supposed to act wild  
But dad says 'he wasn't  
    when he was a child'  
Now living with them  
    is kind of tough  
Especially when nothing  
    is ever good enough.

--Robert Ricken

It was on my fifth birthday that Papa put his hand on my shoulder and said,  
'Remember, my son, if you ever need a helping hand, you'll find one at the end of  
your arm.'

—Sam Levenson

Man's main task in life is to give birth to himself, to become what he potentially is.

—Erich Fromm

Leaving home in a sense involves a kind of second birth in which we give birth to  
ourselves.

—Robert Neelly Bellah

There is no doubt that in exchanging a self-centered for a selfless life we gain enormously in self-esteem.

--Eric Hoffer

Depression is a prison where you are both the suffering prisoner and the cruel jailer.

—Dorothy Rowe

Self-acceptance is my refusal to be in an adversarial relationship to myself.

—Nathaniel Brand

Life's challenges are not supposed to paralyze you; they're supposed to help you discover who you are.

—Bernice Johnson  
Reagon

The best way to find yourself is to lose yourself in the service of others.

—Mohandas Gandhi

If you accept the expectations of others, especially negative ones, then you never will change the outcome.

—Michael Jordan

We can change our lives. We can do, have, and be exactly what we wish.

—Tony Robbins

A human being has so many skins inside, covering the depths of the heart. We know so many things, but we don't know ourselves! Why, thirty or forty skins or hides, as thick and hard as an ox's or bear's, cover the soul. Go into your own ground and learn to know yourself there.

—Meister Eckhart

I celebrate myself, and sing myself.

—Walt Whitman

People tell you the world looks a certain way. Parents tell you how to think. Schools tell you how to think. TV. Religion. And then at a certain point, if you're lucky, you realize you can make up your own mind. Nobody sets the rules but you. You can design your own life.

—Carrie-Anne Moss

I believe that one defines oneself by reinvention. To not be like your parents. To not be like your friends. To be yourself. To cut yourself out of stone.

—Henry Rollins

There is only one failure in life, and that is not to be true to the best one knows.

—George Eliot

My parents gave me stability and a belief in myself and in all the possibilities life has to offer. I was told the only limitations I would ever face were those I placed upon myself.

—Dionne Warwick

You don't have to defend or explain your decisions to anyone. It's your life. Live it without apologies.

— Mandy Hale

Before you diagnose yourself with depression or low self-esteem, first make sure that you are not, in fact, just surrounded by assholes.

—William Gibson

The fact that someone else loves you doesn't rescue you from the project of loving yourself.

—Sahaj Kohl

And above all things, never think that you're not good enough yourself. A man should never think that. My belief is that in life people will take you at your own reckoning.

—Isaac Asimov

A man has to learn that he cannot command things, but that he can command himself; that he cannot coerce the wills of others, but that he can mold and master his own will: and things serve him who serves Truth; people seek guidance of him who is master of himself.

—James Allen

Self-knowledge comes from knowing other men.

—Johann Wolfgang von  
Goethe

I can't go back to yesterday because I was a different person then.

—Lewis Carrol

You still have a lot of time to make yourself be what you want. There's still lots of good in the world.

—S. E. Hinton

And once the storm is over you won't remember how you made it through, how you managed to survive. You won't even be sure, in fact, whether the storm is really over. But one thing is certain. When you come out of the storm you won't be the same person who walked in. That's what this storm's all about.

—Haruki Murakami

Don't let the imaginary person in your head keep you from loving the real one right in front of you.

—Unknown

When I let go of what I am, I become what I might be.

—Lao Tzu

Very often a change of self is needed more than a change of scene.

—Arthur Christopher  
Benson

In the late 1950s, self-esteem hadn't yet been invented. High schools saw their sole mission as preparing students thoroughly for academic work.

—Edith Pearlman

I hadn't gone to Andover, or Horace Mann or Eton. My high school had been the average kind, and I'd been the best student there. Such was not the case at Eli. Here, I was surrounded by geniuses. I'd figured out early in my college career that there were people like Jenny and Brandon and Lydia and Josh—truly brilliant, truly luminous, whose names would appear in history books that my children and grandchildren would read, and there were people like George and Odile—who through beauty and charm and personality would make the cult of celebrity their own. And then there were people like me. People who, through the arbitrary wisdom of the admissions office, might share space with the big shots for four years, might be their friends, their confidantes, their associates, their lovers—but would live a life well below the global radar. I knew it, and over the years, I'd come to accept it.

And I understood that it didn't make them any better than me.

—Diana Peterfreund

Once you've accepted your flaws, no one can use them against you.

—George R. R. Martin

Do the best you can until you know better. Then when you know better, do better.

—Maya Angelou

Your time is way too valuable to be wasted on people that can't accept who you are.

—Turcois Ominek

Don't let the expectations and opinions of other people affect your decisions. It's your life, not theirs. Do what matters most to you; do what makes you feel alive and happy. Don't let the expectations and ideas of others limit who you are. If you let others tell you who you are, you are living their reality — not yours. There is more to life than pleasing people. There is much more to life than following others' prescribed path. There is so much more to life than what you experience right now. You need to decide who you are for yourself. Become a whole being. Adventure.

—Roy T. Bennett

Accept yourself: flaws, quirks, talents, secret thoughts, all of it, and experience true liberation.

—Amy Leigh Mercree

Let me grow as I be. And try to understand why I want to grow like me;  
Not like my mom wants to be  
Nor like my dad hopes I'll be  
Or my teacher thinks I should be  
Please try to understand and help me grow  
Just like me!

--Gladys Andrews  
Fleming

Nobody will believe in you unless you believe in yourself.

—Liberace

Believe you can and you're halfway there.

—Theodore Roosevelt

The past is a place of reference, not a place of residence; the past is a place of learning, not a place of living.

—Roy T. Bennett

Accept yourself, love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down.

—Roy T. Bennett

It's your life; you don't need someone's permission to live the life you want. Be brave to live from your heart.

—Roy T. Bennett

Stop giving other people the power to control your happiness, your mind, and your life. If you don't take control of yourself and your own life, someone else is bound to try.

—Roy T. Bennett

Strong people have a strong sense of self-worth and self-awareness; they don't need the approval of others.

—Roy T. Bennett

80% of our children enter 1st grade with high self-esteem. By the time they reach 5th grade, the number has dropped to 20%. By the time they finish high school, the number of children having a positive self-image has dropped to a staggering 5%.

--Jill Anderson

What is the most important thing one learns in school? Self-esteem, support, and friendship.

—Terry Tempest  
Williams

Until you are happy with who you are, you will never be happy because of what you have.

—Zig Ziglar

It is not possible to spend any prolonged period visiting public school classrooms without being appalled by the mutilation visible everywhere—mutilation of spontaneity, of joy in learning, of pleasure in creating, of sense of self.

--Charles E. Silberman

When you are tough on yourself, life is going to be infinitely easier on you.

—Zig Ziglar

You cannot perform in a manner inconsistent with the way you see yourself.

—Zig Ziglar

Success is liking yourself, liking what you do, and liking how you do it.

—Maya Angelou

## **THE VOICE**

There is a voice inside of you  
That whispers all day long,  
'I feel this is right for me,  
I know that this is wrong.'  
No teacher, preacher, parent, friend  
Or wise man can decide  
What's right for you--just listen to  
The voice that speaks inside.

—Shel Silverstein

I went to a bookstore and asked the saleswoman, 'Where's the self-help section?' She said if she told me, it would defeat the purpose.

—George Carlin

All the books we own, both read and unread, are the fullest expression of self we have at our disposal. ... But with each passing year, and with each whimsical purchase, our libraries become more and more able to articulate who we are, whether we read the books or not.

—Nick Hornby

If the self-help books worked, it would be a shrinking industry not a growing one.

—Steve Maraboli

If you are lonely when you're alone, you are in bad company.

—Jean-Paul Sartre

The Earth Is My Stage And The Sun Is My Spotlight

—Joshua Teya

It's the way to get over a deep inferiority complex, being onstage; you become another person and shed your own frightened personality.

--Shirley Booth

As I began to love myself I found that anguish and emotional suffering are only warning signs that I was living against my own truth. Today, I know, this is 'AUTHENTICITY.'

As I began to love myself I understood how much it can offend somebody if I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me. Today I call it 'RESPECT.'

As I began to love myself I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow. Today I call it 'MATURITY.'

As I began to love myself I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm. Today I call it 'SELF-CONFIDENCE.'

As I began to love myself I quit stealing my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm. Today I call it 'SIMPLICITY.'

As I began to love myself I freed myself of anything that is no good for my health – food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism. Today I know it is 'LOVE OF ONESELF.'

As I began to love myself I quit trying to always be right, and ever since I was wrong less of the time. Today I discovered that is 'MODESTY.'

As I began to love myself I refused to go on living in the past and worrying about the future. Now, I only live for the moment, where everything is happening. Today I live each day, day by day, and I call it 'FULFILLMENT.'

As I began to love myself I recognized that my mind can disturb me and it can make me sick. But as I connected it to my heart, my mind became a valuable ally. Today I call this connection 'WISDOM OF THE HEART.'

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born. Today I know 'THAT IS LIFE!'

—Charlie Chaplin

That's the trouble with the world. We all despise ourselves.

—Charlie Chaplin

This is your life – not your parents', teachers' or significant other's. If you ever find yourself on a path that just doesn't feel safe anymore, you have every right to stop the car, get out – change your shoes and start walking.

—Jennifer Elisabeth

Can you identify the source preventing you from feeling good every single day, from loving yourself unconditionally and making your dreams come true? Is it a voice in your head or a gut wrenching ache that compromises your inner peace and doesn't allow you to accept the love around you? Is there one thing, or maybe many things, keeping you from forgiving your past and moving forward, tormenting you with lies like 'You don't deserve real love so just settle for whatever you can get,' 'You're not smart enough to achieve your dream so don't even try,' or 'Look at your past... you should hate yourself way more than you actually do!'

Welcome to your Little Monster.

—Jennifer Elisabeth

I had always tried to attach myself to the light of other people....I had never had any light of my own. I experienced myself as a kind of shadow.

—Zadie Smith

There comes a time in each life like a point of fulcrum. At that time you must accept yourself. It is not anymore what you will become. It is what you are and always will be.

—John Fowles

Sometimes I'm silent, and nobody notices it. They just talk nonstop, and at the end they say: 'I had such a lovely conversation with you.' It's sad that society is so ego-centered and so wrapped up in ourselves.

--Natalie Goldberg

If you are not consciously directing your life, you will lose your footing and circumstances will decide for you.

—Michael Bernard  
Beckwith

The road of life is filled with sunshine and clouds, black and white, triumphs and tragedies. As we continue down the road, we decide which things we bring with us, and which we leave in the rear-view mirror.

—Julie-Anne

Let the past be a guidepost, not a hitching post.

--L. Thomas Holdcroft

People are meaning-seeking creatures. The brands we buy and wear and use are symbols to express our identities.

—Susan Fournier

In categories like cars or clothes, brands aren't just signals of quality; they also help us communicate our identities. When somebody totes a Fendi bag or drives a Harley-Davidson chopper, she is sending a message (particularly when doing both at the same time).

—Derek Thompson

Knowledge of Self is very important; you can't be living in a world pretending to be someone you're not. No one will ever believe in you when you don't have the courage to believe in yourself. You can not live to impress others solely not giving thought to express your true being. No one wants to interact with a pretender, a fake, a wannabe.

—Amaka Imani  
Nkosazana

The word, and the concept of feminism, was a gift because it gave me a sense of identity and a way of defining how I wished to live my life.

--Betty Buckley

Running is a road to self-awareness and self-reliance. You can push yourself to extremes and learn the harsh reality of your physical and mental limitations or coast quietly down a solitary path watching the earth spin beneath your feet. But when you are through, exhilarated and exhausted, at least for a moment everything seems right with the world.

--Doris Brown Heritage

The point of the gay-rights movement, after all, is not about helping people be gay. It is about creating the space for people to be themselves.

--Andrew Sullivan

He thinks he can. She thinks she can't. Compared with men, women don't consider themselves as ready for promotions, they predict they'll do worse on tests, and they generally underestimate their abilities. The consequences are profound: a growing body of evidence shows that, at work and in life, confidence matters just as much as competence.

--Katty Kay and Claire  
Shipman

There is a particular crisis for women—a vast confidence gap that separates the sexes. Compared with men, women don't consider themselves as ready for promotions, they predict they'll do worse on tests, and they generally underestimate their abilities. This disparity stems from factors ranging from upbringing to biology. A growing body of evidence shows just how devastating this lack of confidence can be. Success, it turns out, correlates just as closely with confidence as it does with competence. No wonder that women, despite all our progress, are still woefully underrepresented at the highest levels.

--Katty Kay and Claire  
Shipman

## **AFTER SCHOOL SPECIAL**

Dear Mr. Schneider,  
I attended your elementary  
School almost thirty years ago  
And I'm very sure that  
You will remember  
Me.

My name is Suzy.  
I'm that hyperactive girl  
From the Egyptian family  
Who used to always play dead  
On the playground during  
Recess.

You used to keep me  
After school a lot,  
And then my father would  
Force me to make the long  
Walk home in the cold or rain.  
Sometimes I would arrive  
After dark.

I'm writing to tell you  
That I was bored as a kid.  
I was bored by your curriculum  
And the way I was always taught a  
Bunch of useless  
Junk.

I did not like being locked up  
In a prison of scheduled time  
Learning about irrelevant material,  
And watching belittling cartoons and  
Shows approved by academia that  
Made me even more  
Bored.

As a kid  
Who was constantly  
Growing, evolving, and  
Being shaped by all around me,  
I wanted to travel,  
See other kids  
In the world like me,  
To understand what was going  
On amongst us and around us,  
To know what we were here for  
And what was our real purpose  
For existence.

I have some questions  
I would like to ask you, Mr. Schneider,  
Now that I know that you are no  
Longer a school principal,  
But the new superintendent  
Of the entire school  
District.

I want to know  
Why racism today  
Was not clearly explained to me  
Even though we covered events  
That happened long ago.  
I want to know why you  
Never shared with us  
Why other countries  
Never liked us,  
Why we are taught to compete,  
To be divided in teams,  
And why conformity is associated  
With popularity, while  
Eccentricity is considered  
Undesirable?

I want to know  
Why my cafeteria lunches  
Were slammed packed  
With bottom-tier  
Processed junk food  
Only suitable  
For pigs?  
And why is it  
That whenever a bully  
Slammed a kid into a locker for  
His lunch money,  
Nobody explained to us  
That egotism, selfishness and greed  
Were the seeds of  
War?

I want to know  
Why we were never taught  
To stick up for each other,  
To love one another, and that  
Segregation sorted by the  
Occupations of our fathers,  
The neighborhoods we lived in, our houses,  
Choices of sport, wealth, clothing,

Color of our skin  
And the texture of our hair  
Should never, ever  
Divide us?

And lastly,  
I want to know why  
Is it that whenever I pledged  
Allegiance to the flag,  
I was never told that I was  
Actually hailing to the  
Chief?

You used to say that  
I was a troubled child,  
A misfit, and that I needed  
Obedience training,  
But you never acknowledged that  
I was the fastest runner in the district  
And that I took the school  
To State and Nationals to compete  
In the Spelling Bee among kids  
Grades higher than me.  
And that it was me,  
Who won that big trophy  
That sat in your office when you  
Used to detain me for hours  
And tell me I was no  
Good.

Mr. Schneider,  
If we are not taught truths as kids,  
Then how do you expect us to  
Grow up to be truthful citizens?  
If we are only being taught the written way,  
And it has not shown positive effects  
In societies of yesterday or today,  
Then how can we progress as a  
United and compassionate  
Nation?

What good is it,  
To memorize the histories  
Of our forefathers,  
Without learning what could be  
Gained from their lessons and mistakes  
To improve our future  
Tomorrows?

And finally,  
I want to thank you;  
For I know you have a tough job  
Dealing with rebellious children like me.  
Your job of mass processing and boxing  
The young minds of America has not been an easy one,  
And I congratulate you  
On your recent promotion.  
But I sincerely want to thank you,  
Thank you,  
And thank you,  
For always pointing out  
That I was  
Different.

—Suzy Kassem

There are three things extremely hard: steel, a diamond, and to know one's self.  
—Benjamin Franklin

I don't care what you think about me. I don't think about you at all.  
—Coco Chanel

Just be yourself; there is no one better.  
—Taylor Swift

If you can't love yourself, how in the hell you gonna love somebody else?  
—RuPaul

Fashion is what you adopt when you don't know who you are.  
—Quentin Crisp

We are so accustomed to disguise ourselves to others that in the end we become disguised to ourselves.

—La Rochefoucauld

Your self-worth is determined by you. You don't have to depend on someone telling you who you are.

—Beyoncé

Man will do nothing unless he has first understood that he must count on no one but himself; that he is alone, abandoned on earth in the midst of his infinite responsibilities; without help, with no other aim than the one he sets himself, with no other destiny than the one he forges for himself on this earth

—Jean-Paul Sartre

The familiar lament, 'I don't know who I am,' once thought to belong only to the crisis of adolescence, to be resolved by the adult stage, is heard not only from teenagers but from adults of all ages. Education, status, 'success,' material security or lack of it, seem to have little bearing upon the unhappiness and loneliness in the life of those who have found no focus or identity or pattern of meaning in their existence.

—Aaron Ungersma

If a man is a thief, he chooses to be one and he chooses all that this decision entails. He could choose to be otherwise, for instance, to be an honest man. He could choose, in effect, a new project rather than the one that he has adopted. Furthermore, he may do this whenever he chooses. In other words, nothing about a thief's past makes his future inevitable. In fact, there's no telling how many different projects he could undertake in defining who he will be.

—Jean-Paul Sartre

How hurtful it can be to deny one's true self and live a life of lies just to appease others.

—June Ahern

I compare myself with my former self, not with others. Not only that, I tend to compare my current self with the best I have been, which is when I have been mildly manic. When I am my present 'normal' self, I am far removed from when I have been my liveliest, most productive, most intense, most outgoing and effervescent. In short, for myself, I am a hard act to follow.

—Kay Redfield Jamison

A life that is burdened with expectations is a heavy life. Its fruit is sorrow and disappointment.

—Douglas Adams

We're always contradicting ourselves.  
We want people to tell us apart....  
...yet we don't want them to be able to.  
We want people to get to know us...  
...but we also want them to keep their distance.  
We've always longed for someone to accept us...  
But we never believed there'd be anyone who would accept our twisted ways.  
That's why we'll stay locked up tight...  
...in our own little private world...  
...and throw away the key, so that no one can ever hurt us.

—Bisco Hatori

Self-talk reflects your innermost feelings.

—Asa Don Brown

All children should be taught to unconditionally accept, approve, admire, appreciate, forgive, trust, and ultimately, love their own person.

—Asa Don Brown

If you want to be proud of yourself, then do things in which you can take pride.

—Karen Horney

In the animal kingdom, the rule is, eat or be eaten; in the human kingdom, define or be defined.

—Thomas Szasz

The greater a child's terror, and the earlier it is experienced, the harder it becomes to develop a strong and healthy sense of self.

—Nathaniel Branden

It is naive to think that self-assertiveness is easy. To live self-assertively--which means to live authentically--is an act of high courage. That is why so many people spend the better part of their lives in hiding--from others and also from themselves.

—Nathaniel Branden

Men equate their self-esteem with accomplishment.

—Barbara De Angelis

Genuine self esteem – please understand this – genuine self esteem is not competitive or comparative. Genuine self esteem isn't expressed by self-glorification at the expense of others, or by trying to make yourself superior to everyone else, or diminishing others in order to elevate yourself. Arrogance, boastfulness, the overestimation of your abilities, reflect low self esteem, even though we're often encouraged to believe the opposite. In human beings, joy in the simple fact of existence is a core meaning of healthy self esteem. Thus understood, how can you possibly have too much of it?

—Nathaniel Branden

If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with.

—Deepak Chopra

By choosing healthy over skinny you are choosing self-love over self-judgment. You are beautiful!

—Steve Maraboli

When our emotional health is in a bad state, so is our level of self-esteem. We have to slow down and deal with what is troubling us, so that we can enjoy the simple joy of being happy and at peace with ourselves.

—Jess C. Scott

I remember the first time I was sick. I had gone to play with a boy, Luis Léon, and on the patio he threw a wooden log at my foot, and this was the pretext they used at home when my leg began to grow thin. I remember they said that it was a white tumor or paralysis. I missed a lot of school [Frida spent nine months in bed, and and at seven she wore (polio) booties]. I do not remember a lot, but I continued jumping, only not with the right leg anymore. I developed a horrible complex, and I hid my leg. I wore thick wool socks onto the knee, with bandages underneath. This happened when I was seven years old, and my papa and my mama begun to spoil me a lot and to love me more. The foot leaned to the side, and I limped a little. This was during the period when I had my imaginary friend. (9 September 1950)

—Frida Kahlo

Could hell be a place where there is no self-respect? A place where people have no pride in their own existence or behavior, and thus would have none for anyone or anything else?

—Neil Peart

Vulnerability really means to be strong and secure enough within yourself that you are able to walk outside without your armor on. You are able to show up in life as just you. That is genuine strength and courage. Armor may look tough, but all it does is mask insecurity and fear.

—Alaric Hutchinson

The keenest sorrow is to recognize ourselves as the sole cause of all our adversities.

—Sophocles

You cannot make yourself feel something you do not feel, but you can make yourself do right in spite of your feelings.

--Pearl S. Buck

I am,  
indeed,  
a king,  
because I know how  
to rule myself.

--Pietro Aretino to  
Agostino Ricchi

Most powerful is he who has himself in his own power.

--Seneca

You are not in charge of the universe: you are in charge of yourself.

--Arnold Bennett

Deeds of violence in our society are performed largely by those trying to establish their self-esteem, to defend their self-image, and to demonstrate that they, too, are significant. Violence arises not out of superfluity of power but out of powerlessness.

--Rollo May

I had been educated to the belief that when I was wrong....it was my responsibility—mine alone—to admit my fault and make amends.

—Avi

There's a voice inside you that tells you what you should do.

--Alan Rickman

I am not a product of my circumstances. I am a product of my decisions.

—Stephen R. Covey

Be YOU. There is nothing sexier than someone who is confident enough to be themselves, quirks and all. It is often your unique nature that separates you from the crowd in the best way possible for your romantic match to notice you.

—Alaric Hutchinson

Jealousy of another means you need to work on making you proud of yourself.

—Sam Owen

Know your worth so you know when to say, ‘Yes’, and when to say, ‘Thank you but no thank you.’

—Sam Owen

When you lack self-esteem it’s easy to keep attracting the wrong people into your life.

—Sam Owen

All I have is me, myself and I and we are all getting really tired of each other.

—Carl R. White

Only those persons who learned to like themselves can be generous and friendly with others.

—Les Giblin

We all know that girls who compete in sports perform better in school, are physically healthier and have a stronger self-esteem.

—Louise Slaughter

The price of hating other human beings is loving oneself less.

--Eldridge Cleaver

Why should I drink? Stone-cold sober, I find myself absolutely fascinating.

--Katharine Hepburn

Of all individuals, the hated, the shunned, and the peculiar are arguably most themselves. They wear no masks whatsoever in order to be accepted and liked; they do seem most guarded, but only by their own hands: as compared to the populace, they are naked.

—Criss Jami

What do you consider the most humane?—To spare someone shame. What is the seal of liberation?—To no longer be ashamed in front of oneself.

—Friedrich Nietzsche

Most people think that if you do not love yourself fully, no one else will. That is not true. People are perfectly capable of giving love even if they feel less confident about themselves.

—Anna Agoncillo

The easiest person to deceive is one's own self.

--Edward Bulwer-Lytton

The only voice of dissent you have to dispel is your own.

—Anker Frankoni

To have his path made clear for him is the aspiration of every human being in our beclouded and tempestuous existence.

--Joseph Conrad

If you follow the crowd, you will likely get no further than the crowd. If you walk alone, you're likely to end up in places no one has ever been before. Being an achiever is not without its difficulties, for peculiarity breeds contempt. The unfortunate thing about being ahead of your time is that when people finally realize you were right, they'll simply say it was obvious to everyone all along. You have two choices in life. You can dissolve into the main stream, or you can choose to become an achiever and be distinct. To be distinct, you must be different. To be different, you must strive to be what no else but you can be.

—Alan Ashley-Pitt

The purpose of the false self is to defend against pain - not deal with reality.

—Robert W. Firestone

If you do not believe in yourself, do not blame others for lacking faith in you.

--Brendan Francis

Enjoy your own life without comparing it with that of another.

--Marquis de Condorcet

A man has to live with himself, and he should see to it that he always has good company.

--Charles Evans Hughes

Everybody talks about wanting to change things and help and fix, but ultimately all you can do is fix yourself. And that's a lot. Because if you can fix yourself, it has a ripple effect.

--Rob Reiner

To dream of the person you would like to be is to waste the person you are.

--Sholem Asch

He who lives only for himself is truly dead to others.

--Publilius Syrus

People who have a low self-esteem...have a tendency to cling to their own sex because it is less frightening.

--Clara Thompson

There is no one on this earth who is not twisted by fear and insecurity.

--Doris Lessing

In extreme youth, in our most humiliating sorrow, we think we are alone. When we are older we find that others have suffered too.

--Suzanne Moarny

Eroding self-esteem is much easier than building it. We need to be the searchers of strength rather than the searchers of weakness.

—Unknown

Expect trouble as an inevitable part of life and when it comes, hold your head high, look it squarely in the eye, and say, 'I will be bigger than you. You cannot defeat me.'

--Ann Landers

Most stress is caused by people who overestimate the importance of their problems.

--Michael Le Boeuf

The benefit of personal growth and self-discovery is that we become better human beings with the strength to endure and carry on, and then we may experience something magical when we begin to reach out to others. We discover a feeling that is so rewarding and fulfilling: that fact that we can make a difference. Here is to your willingness to begin with making a difference with yourself!

—Michael James

It takes courage to grow up and become who you really are.

—e. e. cummings

It is painful to face the self we know we have never had the integrity to honor and assert.

—Nathaniel Branden

A man's work is one of the more important parts of his social identity, of his self, indeed of the fate in the one life he has to live, for there is something almost irrevocable about the choice of occupation as there is about the choice of a mate.

--Everett Hughes

Every man's work, whether it be literature or music or pictures or architecture or anything else, is always a portrait of himself.

— Samuel Butler

I don't like work—no man does—but I like what is in work—the chance to find yourself. Your own reality—for yourself, not for others—what no other man can ever know.

--Joseph Conrad

Work really defines who you are. So much of a person's self-esteem is measured by success at work.

--Warren Bennis

The more you do, the more you are.

--Angie Papadakis

People want recognition of their work to help them believe in themselves.

--Dorothy Miller  
Richardson

It doesn't matter if you work at a fast food joint or if you are the CEO of a Fortune 500 company. Your job title does not define your purpose. The size of your paycheck does not make you worthy. What makes you valuable is your contribution to the world and the legacy that you leave behind. Stop defining yourself by what you do, and start defining yourself by who you are!

—John Geiger

Work cure is the best of all psychotherapy, in my opinion.... As well might we expect a patient to recover without food as to recover without work.... The sound man needs work to keep him sound, but the nervous invalid has an even greater need of work to draw him out of his isolation, and to stop the miseries of doubt and self-scrutiny, to win back self-respect and the support of fellowship.

—Richard C. Cabot

You're born an original—Don't die a copy.

—John Mason

Every new adjustment is a crisis in self-esteem.

--Eric Hoffer

People don't change. The way someone is in high school is who they are, period!

—Cate Plys

According to conviction, I am not simply what I am doing now. I am also what I have done, and my conventionally edited version of my past is made to seem almost more the real me than what I am at this moment. For what I am seems so fleeting and intangible, but what I was is fixed and final. It is the firm basis for predictions of what I will be in the future, and so it comes about that I am more closely identified with what no longer exists than with what actually is.

—Alan B. Watts

To have the approval of your conscience when you are alone with your thoughts is like being in the company of true and loving friends. To merit your own self-respect gives strength of character.

--David O. McKay

Perfection isn't necessarily found only in publicly accepted trends. Perfection is found in self.

—Nike Thaddeus

Worth is not something you can buy for \$39.99, nor something you can lose with 10 extra pounds. Self-judging people make good consumers. Start a revolution. Love yourself.

—Vironika Tugaleva

We are offended and resent it when people do not respect us; and yet no man, deep down in the privacy of his heart, has any considerable respect for himself.

--Mark Twain

Respect yourself if you would have others respect you.

--Baltasar Gracian

If you respect yourself, it's easier to respect other people.

--John Singleton

Respect gods before demi-gods, heroes before men, and first among men your parents; but respect yourself most of all.

--Pythagoras

Respect for others is born of self-respect.

--Greg Henry Quinn

He that respects himself is safe from others; He wears a coat of mail that none can pierce.

--Henry Wadsworth  
Longfellow

Some people have so much respect for their superiors they have none left for themselves.

--Peter McArthur

Respect yourself enough to walk away from anything that no longer serves you, grows you or makes you happy.

—Robert Tew

No one is happy unless he respects himself.

—Jean-Jacques Rousseau

Above all, don't lie to yourself. The man who lies to himself and listens to his own lie comes to a point that he cannot distinguish the truth within him, or around him, and so loses all respect for himself and for others. And having no respect he ceases to love.

—Fyodor Dostoyevsky

There are admirable potentialities in every human being. Believe in your strength and your youth. Learn to repeat endlessly to yourself, 'It all depends on me.'

--Andre Gide

One common concern of parents these days is that children grow up too fast. But sometimes it seems as if children don't get the space to grow up at all; they just become adept at mimicking the habits of adulthood....children used to gradually take on responsibilities, year by year. They crossed the road, went to the store; eventually some of them got small neighborhood jobs. Their pride was wrapped up in competence and independence, which grew as they tried and mastered activities they hadn't known how to do the previous year. But these days, middle-class children, at least, skip these milestones. They spend a lot of time in the company of adults, so they can talk and think like them, but they never build up the confidence to be truly independent and self-reliant.

--Hanna Rosin

Self-discipline: Controlling your own behavior and actions responsibly without being told.

—Unknown

One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself.

--Lucille Ball

to be nobody but yourself—in a world which is doing its best, night and day, to make you everybody else—means to fight the hardest battle which any human being can fight, and never stop fighting.

--e. e. cummings

Why should we be in such desperate haste to succeed, and in such desperate enterprises? If a man does not keep pace with his companions, perhaps it is because he hears a different drummer.

--Henry David Thoreau

There is no ache more  
Deadly than the striving to be oneself.

--Yevgeniy Vinokurov

The individual has always had to struggle to keep from being overwhelmed by the tribe. If you try it, you will be lonely often, and sometimes frightened. But no price is too high to pay for the privilege of owning yourself.

—Friedrich Nietzsche

We don't see the things the way they are. We see things the way WE are.

—Talmund

Whether you try too hard to fit in or you try too hard to stand out, it is of equal consequence: you exhaust your significance.

—Criss Jami

Stand up to crises. Don't let them throw you! Fight to stay calm... even surmount the crisis completely and turn it into an opportunity. Refuse to renounce your self-image. No matter what happens, you must keep your good opinion of yourself. No matter what happens, you must hold your past successes in your imagination, ready for showing in the motion picture screen of your mind. No matter what happens, no matter what you lose, no matter what failures you must endure, you must keep faith in yourself. Then you can stand up to crises, with calm and courage, refusing to buckle; then you will not fall through the floor. You will be able to support yourself.

—Maxwell Maltz

I am never bored anywhere; being bored is an insult to oneself.

--Jules Renard

It is in his pleasure that a man really lives; it is from his leisure that he constructs the true fabric of self.

—Agnes Repplier

Notice the difference between what happens when a man says to himself, 'I have failed three times,' and what happens when he says, 'I am a failure.'

--S. I. Hayakawa

Girls tend to attribute their failures to factors such as lack of ability, while boys tend to attribute failure to specific factors, including teachers' attitudes. Moreover, girls avoid situations in which failure is likely, whereas boys approach such situations as a challenge, indicating that failure differentially affects self-esteem.

--Michael Lewis

Each one has to find his peace from within, and peace to be real must be unaffected by outside circumstances.

--Mahatma Gandhi

Selfishness must always be forgiven you know, because there is no hope of a cure.

—Jane Austen

First learn to love yourself, and then you can love me.

--Saint Bernard of  
Clairvaux

Self-love is the instrument of our preservation; it resembles that provision for the perpetuity of mankind; it is necessary, it is clear to us, it gives us pleasure, but we must conceal it.

—Voltaire

Seeking love keeps you from the awareness that you already have it—that you are it.

—Byron Katie

The main condition for the achievement of love is the overcoming of one's narcissism. The narcissistic orientation is one in which one experiences as real only that which exists within oneself, while the phenomena in the outside world have no reality in themselves, but are experienced only from the viewpoint of their being useful or dangerous to one. The opposite pole to narcissism is objectivity; it is the faculty to see other people and things as they are, objectively, and to be able to separate this objective picture from a picture which is formed by one's desires and fears.

—Erich Fromm

It is a peculiar sensation, this double-consciousness, this sense of always looking at one's self through the eyes of others....One feels his two-ness—An American, a Negro; two souls, two thoughts, two unreconciled strivings; two warring ideals in one dark body, whose dogged strength alone keeps it from being torn asunder.

--W. E. B. Du Bois  
(1868-1963)

We realize that our future lies chiefly in our own hands. We know that neither institution nor friends can make a race stand unless it has strength in its own foundation; that races, like individuals, must stand or fall by their own merit; that to fully succeed they must practice the virtues of self-reliance, self-respect, industry, perseverance, and economy.

--Paul Robeson

Different doesn't mean inferior.

--Cornel West

America's greatest crime against the black man was not slavery or the lynching, but that he was taught to wear a mask of self-hate and self-doubt.

--Malcolm X

The poor who migrate into a richer nation do not pose a threat to the local culture. In fact, the opposite is true. The threat is to their own self-image and cultural identity.

--Father Virgil P.  
Elizondo

The point of the gay-rights movement, after all, is not about helping people be gay. It is about creating the space for people to be themselves.

--Andrew Sullivan

What is the black shadow? It's the running inner dialogue we have with ourselves all day long about our fears of being inferior as black people. It is our internalization of the white man's lie that blacks are inferior to whites—the very lie that was the foundation of our ancestors' enslavement. The black shadow is more than simply internalized racism; it's also our complex feelings of fear and despair about being black, and consequently our longing to be less black.

—Marlene F. Watson

There is a privacy about it which no other season gives you .... In spring, summer and fall people sort of have an open season on each other; only in the winter, in the country, can you have longer, quiet stretches when you can savor belonging to yourself.

—Ruth Stout

Our sense of identity is in large measure conferred on us by others in the ways they treat or mistreat us, recognize or ignore us, praise us or punish us. Some people make us timid and shy; others elicit our sex appeal and dominance. In some groups we are made leaders, while in others we are reduced to being followers. We come to live up to or down to the expectations others have of us. The expectations of others often become self-fulfilling prophecies. Without realizing it, we often behave in ways that confirm the beliefs others have about us. Those subjective beliefs create new realities for us. We often become who other people think we are, in their eyes and in our behavior.

—Philip G. Zimbardo

Seeing ourselves as others see us would probably confirm our worst suspicions about them.

—Franklin P. Adams

A man may be outwardly successful all his life long, and die hollow and worthless as a puff-ball; and he may be externally defeated all his life long, and die in the royalty of a kingdom established within him. A man's true estate of power and riches, is to be in himself; not in his dwelling, or position, or external relations, but in his own essential character. That is the realm in which he is to live.

--Henry Ward Beecher

There is no such thing as a 'self-made' man. We are made up of thousands of others. Everyone who has ever done a kind deed for us, or spoken one word of encouragement to us, has entered into the make-up of our character and of our thoughts, as well as our success.

--George Matthew Adams

'I' cannot reach fulfillment without 'thou.' The self cannot be self without other selves. Self-concern without other-concern is like a tributary that has no outward flow to the ocean.

—Martin Luther  
King, Jr.

Be a friend to thyself, and others will be so too.

--Thomas Fuller

I own and operate a ferocious ego.

—Bill Moyers

It is easier to live through someone else than to become complete yourself.

--Betty Friedan

Girls are taught to be perfect. Boys are taught to be brave—'Stop crying.' That's why girls never think they are good enough; it's the message we get from the day we're born. It drives me insane the way we're socialized. The most important thing is to be your authentic self.

—Billie Jean King

Go and love someone exactly as they are and then watch how quickly they transform into the greatest, truest version of themselves. When one feels seen and appreciated in their own essence, one is instantly empowered.

—Wes Angelozzi

The world is full of lonely people, all isolated in a private, secret dungeon.  
--Loretta Girzartis

Men and women cannot solve one another's loneliness.  
--Anatole Broyard

The reason lovers never tire of each other is this: they're always talking about themselves.  
--La Rochefoucauld

Find yourself before you look for a man.  
--Gwendolyn Goldsby  
Grant

When someone treats you like you're just one of many options, help them narrow their choice by removing yourself from the equation. Sometimes you have to try not to care, no matter how much you do. Because sometimes you can mean almost nothing to someone who means so much to you. It's not pride—it's self-respect. Don't expect to see positive changes in your life if you surround yourself with negative people. Don't give part-time people a full-time position in your life. Know your value and what you have to offer, and never settle for anything less than what you deserve.

—*boardofwisdom.com*

The true birthplace is that wherein for the first time one looks intelligently upon oneself; my first homelands have been books, and to a lesser degree schools.  
—Marguerite Yourcenar

Never stay in a relationship if you feel the need to convince the person to be with you. You should never have to persuade someone that you are worthy of their time. Never stay in a relationship if you begin to question your self-worth. You should never feel like you're not good enough. Never stay in a relationship merely because you can't handle the thought of having to wait around for the real deal. You should never feel the need to wonder, what if?

—Simone Lee Brennan

I think, head up and shoulders back. Not only does it make you look taller and thinner but it gives you confidence and boosts your self-esteem.  
—Shelley Long

In years to come I often thought what the course of my life would have been if I had been homely, or a man. The attention of men is, to say the least, a marvelous distraction; and loving one can seem more important than anything else—at least for a while. The narcissus in woman goes to the pool too often for reassurance, when the reflection should lie secure in the deep recess of self.

--Marya Mannes

None of us is ever satisfied with what we are.

--Terence

How anybody dresses is indicative of his self-concept. If students are dirty and ragged, it indicates they are not interested in tidying up their intellects either.

--Samuel I. Hayakawa

Why not be oneself? That is the whole secret of a successful appearance. If one is a grey-hound why try to look like a Pekinese?

--Edith Sitwell

Believing in yourself and liking yourself is all a part of good looks.

--Shirley Lord

Comparison is a brutal assault upon oneself.

—Cameron Diaz

There is nothing more rare, nor more beautiful, than a woman being unapologetically herself; comfortable in her perfect imperfection. To me, that is the true essence of beauty.

—Steve Maraboli

I can't think of any better representation of beauty than someone who is unafraid to be herself.

—Emma Stone

## **YOU'RE NOT UGLY AT ALL**

Have you ever noticed, that when you look at yourself,  
Really look at yourself,  
You're not ugly at all.

I don't mean how you look when you've just finished your face in the mirror  
Not after you've perfected that cat-eye liner

Not after you've applied your bright red lips  
Not after you've blushed your cheeks just the right amount

I mean when your face is naked  
When you've just stepped out of the shower  
When you can see those freckles,  
When you can see that acne  
When you can see those bags under your eyes

You spend too much time hating those tiny imperfections,  
Too much time shredding your self esteem  
But the makeup gets caught in the cracks of your façade  
And those all too obvious insecurities are magnified  
You try so hard to cover those scars  
That you can't see you're just making it worse

Why is it so difficult to love what is natural?  
Why are you made to feel bad about something you were born with?  
About something out of your control?  
Why does it always seem like everyone looks perfect but you?  
Like out of a whole production line of dolls, you were the only defective one?

Because society says so  
Because the models in the magazines you read look like alien beings of perfection  
But why do you listen to what society says?  
Haven't you realized that 99% of society does not look anything like the ideal of  
beauty they advocate?

Those models in those magazines don't even like what they look like, even though  
they are deemed the ideal

You need to love what you were born with  
You need to love who you are when you are alone in the bathroom, no makeup on,  
just you and your reflection  
Because if you heal those internal scars that you tried so hard to cover with makeup  
You won't be broken anymore, you'll be whole  
And you'll find that you're a hell of a lot prettier than you gave yourself credit for.

You'll realize that you weren't ugly at all.

—Turner Collins

My hair is not the shiniest of bobs  
My eyes are not the brightest in the room  
My figure will not get me modeling jobs  
My smile will not bring young boys to their doom.  
But do I cry and mourn my average face?  
Or wish that I had boyfriends at the ready?  
Do I not sleep because I lose the race,  
Or spurn my food because I don't go steady?  
My mind is on a more important thing  
That lifts my heart and makes my spirit soar  
I want to make the souls of people sing  
And quiet down the mean and bullying roar.  
To help the wounded girls replace the scar  
With the right to be exactly who they are.

—Nancy Rue

Girls have long been evaluated on the basis of appearance and caught in myriad double binds: achieve, but not too much, be polite, but be yourself, be feminine and adult; be aware of our cultural heritage, but don't comment on the sexism....Girls are trained to be less than who they really are. They are trained to be what the culture wants of its young women, not what they themselves want to become.

--Mary Pipher

That's the key, you know, confidence. I know for a fact that if you genuinely like your body, so can others. It doesn't really matter if it's short, tall, fat or thin, it just matters that you can find some things to like about it. Even if that means having a good laugh at the bits of it that wobble independently, occasionally, that's all right. It might take you a while to believe me on this one, lots of people don't because they seem to suffer from self-hatred that precludes them from imagining that a big woman could ever love herself because they don't. But I do. I know what I've got is a bit strange and difficult to love but those are the very aspects that I love the most! It's a bit like people. I've never been particularly attracted to the uniform of conventional beauty. I'm always a bit suspicious of people who feel compelled to conform. I personally like the adventure of difference. And what's beauty, anyway?

—Dawn French

To me, clothing is a form of self-expression—there are hints about who you are in what you wear.

—Mark Jacobs

When girls feel bad about their looks, 60 percent avoid normal daily activities like raising their hand in class or even going to the doctor. That means that girls do not show up for life when they don't feel good enough or pretty enough. A role model can help girls see beauty as a source of confidence, not anxiety.

—Mandy Moore

Joyfulness keeps the heart and face young. A good laugh makes us better friends with ourselves and everybody around us.

—Orison Swett Marden

Today, I was all dressed up and waiting on my blind date to arrive. He never showed up. It made me feel ugly. I thought he may have seen me from a distance and bailed. Then as I left the restaurant alone, I heard a little girl ask her mom if I was a princess. It made me smile.

—*makesmethink.com*

He who lives only to benefit himself confers on the world a benefit when he dies.

—Tertullian

Life for rent means that my life isn't really my own, I only rented it for a while, but if I don't manage to buy it, to own it, then nothing of what I think is mine is really mine.

—Dido Armstrong

True happiness comes when you can look in the mirror and like what you see.

--Unknown

The business of life is to enjoy oneself; everything else is a mockery.

--Norman Douglas

Joy is not in things; it is in us.

—Richard Wagner

Happiness grows at our own firesides, and is not to be picked in strangers' gardens.

--Douglas Jerrold

Happiness does not come from what you have, but from what you are.

—Zig Ziglar

It's not where you are but what you are that determines your happiness.

--Unknown

True happiness is of a retired nature, and an enemy to pomp and noise; it arises, in the first place, from the enjoyment of one's self; and, in the next, from the friendship and conversation of a few select companions.

--Joseph Addison

There are seeds of self-destruction in all of us that will bear only unhappiness if allowed to grow.

--Dorothea Brande

Learn to be happy alone. Rely upon your own energies, and so do not wait for, or depend on other people.

--Thomas Davidson

Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

—Og Mandino

If you expect other people to make you happy, you will always be disappointed. You alone are responsible for your own happiness.

—Unknown

Everyone is selfish; everyone is doing what he believes will make himself happier. The recognition of that can take most of the sting out of accusations that you're being 'selfish.' Why should you feel guilty for seeking your own happiness when that's what everyone else is doing, too?...

To find constant, profound happiness requires that you be free to seek the gratification of your own desires. It means making positive choices.

If you slip into the Unselfishness Trap, you'll spend a good part of your time making negative choices—trying to avoid censure of those who tell you not to think of yourself....

If someone finds happiness by doing 'good works' for others, let him. That doesn't mean that's the best way for you to find happiness.

And when someone accuses you of being selfish, just remember that he's only upset because you aren't doing what he selfishly wants you to do.

—Harry Browne

Serenity comes not alone by removing the outward causes and occasions of fear, but by the discovery of inward reservoirs to draw upon.

—Rufus M. Jones

Happiness starts with you. Not with your relationships, not with your job, not with your money, but with you.

—*lessonslearnedinlife.com*

Single doesn't always mean lonely, and relationship doesn't always mean happy.

—Ged Backland

Generally speaking, the most miserable people I know are those who are obsessed with themselves; the happiest people I know are those who lose themselves in the service of others...By and large, I have come to see that if we complain about life, it is because we are thinking only of ourselves.

—Gordon B. Hinckley

Never teach false morality. How exquisitely absurd to teach a girl that beauty is of no value, dress of no use! Beauty is of value—her whole prospects and happiness in life may often depend upon a new gown or a becoming bonnet; if she has five grains of common sense, she will find this out. The great thing is to teach her their just value, and that there must be something better under the bonnet than a pretty face, for real happiness. But never sacrifice truth.

--Sydney Smith

The secret to happiness is to be absorbed in something other than yourself.

—Marty Rubin

When I was young, I believed the same nonsense that a lot of people believe about happiness—that it comes from the flashy veneer of the American dream: money, status, and power. But then I grew up (unlike too many other people, who only grow older) and I began to see that these things often destroyed happiness. I learned that happiness only comes from inner qualities, such as courage, altruism, and optimism. Happiness comes from the self. But where is the self? Who is the self? Who are you? If you don't know, you'll never be happy, because you'll never be able to connect with the inner core qualities that make happiness possible. You'll just travel through life in circles, always going, always intent - never arriving, never content. You should, in fact, be able to describe exactly who you are, right now, in the proverbial 25 words or less.

—Dan Baker, Ph.D.

Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself.

—Alice Walker

Nothing profits more than self-esteem, grounded on what is just and right.

—John Milton

In all cultures, the family imprints its members with selfhood. Human experience of identity has two elements; a sense of belonging and a sense of being separate. The laboratory in which these ingredients are mixed and dispensed is the family, the matrix of identity.

—Salvador Minuchin

I live in my house as I live inside my skin: I know more beautiful, more ample, more sturdy and more picturesque skins: but it would seem to me unnatural to exchange them for mine.

—Primo Levi

Each second we live is a new and unique moment of the universe, a moment that never was before and will never be again. And what do we teach our children in school? We teach them that two and two make four and that Paris is the capital of France. When will we also teach them what they are? We should say to each of them....'Do you know what you are?' You are a marvel. You are unique. In all of the world there is no other child exactly like you. In the millions of years that have passed there has never been another child like you. And look at your body....what a wonder it is! You may become a Shakespeare, a Michelangelo, a Beethoven. You have the capacity for anything. Yes, you are a marvel. And when you grow up, can you then harm another who is, like you, a marvel? You must cherish one another. You must work; we all must work to make this world worthy of its children. The love of one's country is a natural thing. But why should love stop at the border? We are all leaves of a tree and the tree is humanity.

--Pablo Casals

Self discipline is that which, next to virtue, truly and essentially raises one man above another.

—Joseph Addison

Christmas is a necessity. There has to be at least one day of the year to remind us that we're here for something else besides ourselves.

—Eric Sevareid

If you want to feel the truest spirit of Christmas, go out and find someone sadder than you, lonelier than you, poorer than you ... and give what you can in a smile, in time, in compassion. The best Christmases always require the gift of self.

--Toni Sorenson

Only a person who can live with himself can enjoy the gift of leisure.

--Henry Greber

When one finds company in himself and his pursuits, he cannot feel old, no matter what his years may be.

--A. B. Alcott

Aging people should know that their lives are not mounting and unfolding but that an inexorable inner process forces the contraction of life. For a young person it is almost a sin—and certainly a danger—to be too much occupied with himself; but for the aging person it is a duty and a necessity to give serious attention to himself.

--Carl Gustav Jung

There is no old age. There is, as there always was, just you.

--Carol Matthau

We did not change as we grew older; we just became more clearly ourselves.

--Lynn Hall

The happiest of all lives is a busy solitude.

—Voltaire

Your life is yours and yours alone. Rise up and live it.

—Terry Goodkind

Literature enables us to see our world and ourselves more clearly, to understand our lives more fully.

—Kylene Beers &  
Robert E. Probst

Reading is sometimes thought of as a form of escapism, and it's a common turn of phrase to speak of getting lost in a book. But a book can also be where one finds oneself; and when a reader is grasped and held by a book, reading does not feel like an escape from life so much as it feels like an urgent, crucial dimension of life itself.

—Rebecca Mead

We're all totally isolated beings and always will be.

—James Taylor

For an actor, you're rejected eight or ten times a day. All you've got to sell is yourself. You're not selling products, they're not turning down a car, they're turning you down. Most people can't handle that. Most people are essentially not set up that way.

—Barry Corbin

Children love to be alone because alone is where they know themselves, and where they dream.

—Roger Rosenblatt

I'm homosexual... How and why are idle questions. It's a little like wanting to know why my eyes are green.

—Jean Genet

If you'd like to be good at something, the first thing to go out the window is the notion of perfection. Obsessing about perfection stops you from growing. You stop taking chances, which means you stop learning. I don't want to be perfect. I want to be useful.

--Scott Berkun

Men equate their self-esteem with accomplishment.

—Barbara De Angelis

Above all else, never think that you're not good enough. A man should never think that. People will take you very much at your own reckoning.

—Anthony Trollope

We refuse to turn off our computers, turn off our phones, log off Facebook, and just sit in silence, because in those moments we might actually have to face up to who we really are. We fear silence like it's an invisible monster, gnawing at us, ripping us open, and showing us our dissatisfaction. Silence is terrifying.

--Jefferson Bethke

Never beg someone to be in your life. If you text, call, visit and still get ignored, walk away. It's called 'SELF-RESPECT.'

—Steve Wentworth

The eternal quest of the individual human being is to shatter his loneliness.

—Norman Cousins

It doesn't matter about money; having it, not having it. Or having clothes, or not having them. You're still left alone with yourself in the end.

—Billy Idol

I blamed myself for our breakup because I felt like I wasn't this perfect girl anymore. I'd started acting like an insecure, whiny person because I didn't trust him anymore. I hated being that girl. I blocked him on EVERYTHING the second we broke up and haven't looked back. It's only been three months but I've gone on several weekend solo trips (hiking especially), I've surrounded myself with friends, I've gone back to therapy, and I've gotten back into the gym. Essentially I've started dating myself. I'm still hurting a little bit but I'm learning SO MUCH about myself and I'm finally learning to be happy alone.

—Jael on Facebook

Stop apologizing. You don't have to say sorry for how you laugh, how you dress, how you make your hair, how you speak. You don't have to be sorry for being yourself. Do it fearlessly. It's time to accept, this is you, and you gotta spend the rest of your life with you. So start loving your sarcasm, your awkwardness, your weirdness, your unique sense of humor, your everything. It will make your life so much easier to simply be yourself.

—Internet Meme

The ultimate goal of technology, the *telos of techne*, is to replace a natural world that's indifferent to our wishes—a world of hurricanes and hardships and breakable hearts, a world of resistance—with a world so responsive to our wishes as to be, effectively, a mere extension of the self.

—Jonathan Franzen

The most common way people give up their power is not realizing they have it in the first place.

—Alice Walker

People do not fully realize that there are terrible consequences when people becoming things. Self-image is deeply affected. The self-esteem of girls plummets as they reach adolescence partly because they cannot possibly escape the message that their bodies are objects, and imperfect objects at that.

--Jean Kilbourne

The ultimate mystery is one's own self.

—Sammy Davis, Jr.

So many people have the TV or radio constantly turned on 'for company,' or spend their time reading trashy novels, aimlessly surfing the Net, and so on. Then suddenly one day you are old or sick and you realize you have done nothing with your life. All your thoughts are other people's thoughts and you have no idea who you really are or what the purpose of your life might be.

--Karen Kingston

In your 20s, oftentimes you don't have anything else to worry about other than your narcissistic self. You cry if you don't have the right shirt. You cry if you have work. You cry if you don't have work. It's the worst night of your life if you can't get in to see some band.

—Melissa McCarthy

Please keep me in your thoughts and prayers right now. Nothing is going on, I'm just a narcissist.

—*theChive*

If you don't look back on your past self and cringe, then you didn't grow as a person.

—*theChive*

Patterning your life around other's opinions is nothing more than slavery.

—Lawana Blackwell

Loneliness and the feeling of being unwanted is the most terrible poverty.

—Mother Teresa

Boredom is a sign of satisfied ignorance, blunted apprehension, crass sympathies, dull understanding, feeble powers of attention, and irreclaimable weakness of character.

—James Bridie

We read books to find out who we are. What other people, real or imaginary, do and think and feel... is an essential guide to our understanding of what we ourselves are and may become.

--Ursula K. Le Guin

No need to hurry. No need to sparkle. No need to be anybody but oneself.

—Virginia Woolf

I took a deep breath and listened to the old bray of my heart. I am. I am. I am.  
—Sylvia Plath

It's not your job to be likable. It's your job to be yourself.  
—Chimamanda Ngozi  
Adichie

I want you to remember who you are, despite the bad things that are happening to you. Because those bad things aren't you. They are just things that happen to you. You need to accept that who you are and the things that happen to you, are not one and the same.

—Colleen Hoover

Do your thing and don't care if they like it.

—Tina Fey

Any life, no matter how long and complex it may be, is made up of a single moment—the moment in which a man finds out, once and for all, who he is.  
—Jorge Luis Borges

No matter how much we love our family and friends, a part of us needs the occasional moment of solitude as a plant needs water. It is the inmost core of each of us that, that part which nobody can define but which we all recognize because it never changes.

—Anna Neagle

What is opportunity, and when does it knock? It never knocks. You can wait a whole lifetime, listening, hoping, and you will hear no knocking. None at all. You are opportunity, and you must knock on the door leading to your destiny. You prepare yourself to recognize opportunity, to pursue and seize opportunity as you develop the strength of your personality, and build a self-image with which you are able to live / with your self-respect alive and growing.

—Maxwell Maltz

Your self emerges more clearly over time.

—Meryl Streep

You cannot be lonely if you like the person you're alone with.

—Wayne Dyer

I do not know myself, and God forbid that I should.

—Johann Wolfgang von  
Goethe

Love yourself first because that's who you'll be spending the rest of your life with.

—Internet Meme

Rejoice in being yourself. Have your own drumbeat.

—Kim Cattrall

A bar of iron costs \$5, made into horseshoes its worth is \$12, made into needles its worth is \$3500, made into balance springs for watches, its worth is \$300, 000. Your own value is determined also by what you are able to make of yourself.

—*everydaylifelessons.com*

Self-esteem is overrated. I think a certain degree of self-loathing is good. If you're going to push yourself and continue to grow, I think you need a really healthy amount of self-doubt.

—David Sedaris

Somedays our daughters can be so quick with the lip it makes us wonder if we really created the person who has the nerve to speak that way. Then we see them use their sass on someone who deserves it and we are thankful they know how to speak the hell up.

—Katie Bingham Smith

Make it thy business to know thyself, which is the most difficult lesson in the world.

—Miguel de Cervantes

The love of liberty is the love of others; the love of power is the love of ourselves.

—William Hazlitt

It is up to us to give ourselves recognition. If we wait for it to come from others, we feel resentful when it doesn't, and when it does, we may well reject it.

—Spencer Tracy

How pathetically scanty my self-knowledge is compared with, say, my knowledge of my room. There is no such thing as observation of the inner world, as there is of the outer world.

—Franz Kafka

I lean to you, numb as a fossil. Tell me I'm here.

—Sylvia Plath

Take a shower, wash off the day. Drink a glass of water. Make the room dark. Lie down and close your eyes.

Notice the silence. Notice your heart. Still beating. Still fighting. You made it, after all. You made it, another day. And you can make it one more.

You're doing just fine.

—Charlotte Eriksson

You never need to apologize  
for how you chose to survive.

—Clementine von Radics

With self-discipline most anything is possible.

—Theodore Roosevelt

I am a work in progress.

—Violet Yates

I am solitary as grass. What is it I miss?  
Shall I ever find it, whatever it is?

—Sylvia Plath

Unless you call attention  
to your presence  
who will know you're there?

Even a country  
has to weave and wave a flag  
as proof of its existence.

—Rod McKuen

Self-image is the main determinant of whether a child becomes successful in life. No other factor—not IQ, communication skills, knowledge, experience, or even 'who you know'—plays as important a role in leading a productive life. A healthy self-image and resulting confidence arise from positive interactions with adults right from the beginning.

—Mary King

Learn and become who you are.

—Friedrich Nietzsche

People who've had very unhappy childhoods are pretty good at inventing themselves. If nobody invents you for yourself, nothing is left but to invent yourself for others.

—John le Carre

Every man is the architect of his own life. He builds it just the way he wants it. However, after he has built what he wants, he sometimes decides that he doesn't like what he has built and looks for someone or something to blame instead of changing himself.

—Sydney Madwed

Society's contempt for the poor becomes the poor person's contempt for herself.

—Sarah Smarsh

Focus on rewarding and praising yourself instead of degrading and punishing yourself. You'll get far better results!

—Akiroq Brost

As soon as you get over caring what people think, you can have a nice time.

—Lara Flynn Boyle

A recent study published the *Psychological Bulletin* found that self-esteem 'peaked at age 60 and remained constant until age 70' among the nearly 165,000 people for whom data was available. For most, self-esteem declined only slightly into the 90s.

—*AARP Bulletin* (2018)

Don't take yourself so seriously. You're just a speck in the universe.

—George Harrison

Love is the difficult realization that something other than oneself is real.

—Iris Murdoch

Self-control is strength. Calmness is mastery. You have to get to a point where your mood doesn't shift based on the insignificant actions of someone else. Don't allow others to control the direction of your life. Don't allow your emotions to overpower your intelligence.

—Morgan Freeman

Based on [William] Glasser's two unchanging psychological needs of loving and being loved and having self-worth, students have a need for:

- Caring—someone to like them, to be concerned about them, and to appreciate them as human beings.
- Understanding—more than just a superficial acquaintance, to be shown a tolerant attitude and empathy.
- Identification—to know they are individuals separate and distinct from other people, and are aware of their roles in life.
- Recognition—to be given some special notice or attention, to be acknowledged with a show of appreciation, to be given some social status.

When students receive the care, understanding, identification, and recognition from the person(s) they value, the students have increased positive feelings and more positive self-concepts.

With self-concept improved, the students have more confidence about themselves. They believe they can accomplish tasks and develop the self-motivation to behave in a more socially acceptable manner. With increased confidence comes an increase in willingness to learn/change.

—Diane Frey and Joseph  
A. Young

The only lies for which we are truly punished are those we tell ourselves.

—V. S. Naipaul

Go your own way: When I started writing seriously, I made the major discovery of my life—that I am right and everybody else is wrong if they disagree with me. What a great thing to learn: Don't listen to anyone else, and always go your own way.

—Ray Bradbury

Surround yourself with true believers: Get rid of those friends of yours who make fun of you and don't believe in you. When you leave here tonight, go home, make a phone call, and fire them. Anyone who doesn't believe in you and your future, to hell with them.

—Ray Bradbury

The worst bullies you will ever encounter in your life are your own thoughts.

—Internet Meme

## **SELF-ESTEEM DEVELOPMENT**

At-risk students have established patterns of failure in school. They generally have a low level of self-esteem and very little confidence in their ability to succeed in school. They also often engage in negative social behaviors. Students who have a better understanding of themselves, feel confident in their abilities, and can make decisions that benefit them in a positive way will have a better chance of succeeding in school. Therefore, a part of the At-Risk Program is a component to address family and peers, self-discipline, resolving conflicts, and self-respect. The classroom teacher working collaboratively with the school counselor will carry out a specific self-esteem program. Together they will plan and deliver a program intended to address the self-esteem needs of the at-risk children in the program.

There are few characteristics which will have as significant an impact on whether a student fails or succeeds in school as how the student feels about himself or herself. By helping the at-risk student feel better about himself or herself the teacher can strengthen the child's belief that he or she can succeed, which in turn should lead to better performance in all areas of the child's life, including school. Following are strategies and activities which will facilitate the building of self esteem in children: Plan for success. Put students in situations where success is probable. When it is obvious that a learning goal is too difficult, break the process into a series of smaller, simpler steps.

Take time to meet with the 'at-risk' student on a daily basis to discuss the successes of the day. Discuss why the success took place, how it made him or her feel, and how it could be duplicated.

Provide a classroom environment which is warm and supportive. In such an environment, failure is not feared but considered a part of the learning process.

Accept all students and let them know you care about them. Students will feel important when teachers demonstrate through their actions that they care.

Accentuate the positive. Give students praise when it is earned. Help the student recognize and appreciate accomplishments. Draw attention to the student's strengths and how these strengths are being utilized. Contact parents when the student is doing well.

Have reasonable goals and expectations for achievement within the classroom.

Anxiety and frustration are reduced when expectations are clearly stated and are within the reach of the student's ability.

Choose a 'Student of the Week.' Give each child an opportunity to discuss what it is they feel good about. The student may choose to display schoolwork, family photos, creative work, certificates, etc.

Have students keep a journal of 'positive thoughts' that relate to school, their families, outside activities, etc.

Declare an 'I'm Special Day' when students can focus on and explore the attributes that make them unique.

Realize that you will affect your pupils' self concept each and every day. HOW you affect their self concept is your choice.

—Dan L. Miller

If I get fat,

I eat too much!

If I lose weight,

I'm sick!

If I dress well,

I show off!

If I dress simply,

I am poor!

If I cry,

I am pitied!

If I speak my mind,

I am arrogant!

In fact, nowadays, no matter what you do someone will always criticize you.

So you might as well just be yourself!

—Internet Meme

Take care of yourself first or you will have nothing left to give others. Self-care is not selfishness. You cannot serve others from an empty vessel.

—Internet Meme

Courage to me meant ploughing through that dull gray mist that comes down on life—not only overriding people and circumstances but overriding the weakness of living. A sort of insistent on the value of life and the worth of transient things....My courage is faith—faith in the eternal resilience of me—that joy'll come back, and hope and spontaneity. And I feel that till it does I've got to keep my lips shut and my chin high, and my eyes wide.

—F. Scott Fitzgerald

The one thing that you have that nobody else has is you. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and live as only you can.

—Neil Gaiman

When nobody else celebrates you, learn to celebrate yourself. When nobody else compliments you, then compliment yourself. It's not up to other people to keep you encouraged. It's up to you. Encouragement should come from the inside.

—*theheartysoul.com*

I didn't know it, but I was mentally ill until about age 16. Anybody queer was considered 'mentally ill' until 1973, when the *American Psychiatric Association* removed the diagnosis of homosexuality as a disorder (though 'sexual orientation disturbance' endured in the *Diagnostic and Statistical Manual* until 1987). Like millions of LGBTQ children and adults, I knew I was different, and not in a socially acceptable way. We didn't even know there were millions of us. We thought maybe we were the only one.

—Elizabeth Sims

Don't change yourself so that other people will like you. Be yourself so that the right people will love you.

—Internet Meme

God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's me.

—Internet Meme

I don't want to cover up anymore.  
Not my face,  
not my mind,  
not my soul,  
not my thoughts,  
not my dreams,  
not my struggles,  
not my emotional growth.  
Nothing.

—Alicia Keys

If you change nothing, nothing will change.

—Internet Meme

Be careful what you tolerate. You are teaching people how to treat you.

—Internet Meme

It's not about winning, it's about not giving up. If you have a dream, fight for it. There's discipline for passion and it's not about how many times you get rejected or you fall down or you're beaten up, it's about how many times you stand up and are brave and you keep on going.

—Lady Gaga

Jokes on you, people trying to make me feel bad about Valentine's Day—I feel bad every day!

—Internet Meme

And the Moon said to me, 'My darling, you do not have to be whole in order to shine.'

—Internet Meme

To be successful, one has to be one of three bees—the queen bee, the hardest working bee, or the bee that does not fit in.

—Suzy Kassem

In the end, people will judge you anyway, so don't live your life impressing others—live you life impressing yourself.

—Eunice Camacho  
Infante

Maturity is when your world opens up and you realize that you are not the center of it.

—M. J. Croan

At sixteen, he was inclined to be rather priggish and self-righteous. Not such bad qualities in adolescence after all, since most of us have to be self-righteous before we can be righteous.

—Vera Brittain

For the first time in my life, I actually wished that everyone was the same. And I despised myself for my differentness or uniqueness as an individual. In the world there are lots of social groups people can fit into, and I've spent time roaming in and out of a few and being kicked out of many. Now I stand on the outside and look in. Wondering where is my place. Coming to a conclusion, I have no place.

—Laura Hanna

Loneliness is the human condition. Cultivate it. The way it tunnels into you allows your soul room to grow. Never expect to outgrow loneliness. Never hope to find people who will understand you, someone to fill that space. An intelligent, sensitive person is the exception, the very great exception. If you expect to find people who will understand you, you will grow murderous with disappointment. The best you'll ever do is to understand yourself, know what it is that you want, and not let the cattle stand in your way.

—Janet Fitch

Your body type shouldn't dictate your success. Remarkable dancers come in many different packages. As with any pursuit in life, it's up to you to make the most with whatever it is you've been given. So treat your body, your instrument, with care. Learn to love it and respect it. It is one of the unique things about you that makes you, you.

—Francisco Gella

Middle school teachers should know that the kids in middle school are very stressed. From classes to social status to expectations the school can be a very strenuous place. A lot of kids worry about popularity. The way others kids act towards others can be very harsh on someone's self-esteem. That will affect the quality of the work the kids do....Also the expectations people have may also be stressful. The kids have to live up to the expectations of parents, teachers, and even peers.

—Anonymous Middle  
School Student  
quoted by Nancy  
Doda & Trudy  
Knowles

Adolescence brings with it this new power: One can consider how others think about oneself. This development not only allows for more mature social interactions, but may also produce the intense self-consciousness sometimes referred to as 'adolescent egocentrism.' Suddenly, what a child imagines that everyone else is thinking infuses each choice he or she makes in the classroom. At the same time, young adolescents do not yet accurately distinguish between their internal imaginary audience and the actual perceptions of their friends. They may swing rapidly from an intense desire for privacy to an equally audacious desire for attention. This tension is just one of many that young adolescents experience, and act out, during this period of rapid physical, cognitive, and psychological change.

—Kathleen Cushman &  
Laura Rogers

All of us, no matter who we are, have this basic need to identify ourselves as somebody, as a separate, unique, distinct human being—our self-image, our self-concept, whatever you want to call it. There is nothing complicated about this. It's me in distinction to you, and you in distinction to me. From the time we are born until the time we die, we struggle to gain and to maintain for ourselves this feeling as an identified person. We are somebody.

—William Glasser

Self-pity is the worst form of poison. It kills a person without the person realizing it.

—Kirtida Gautam

We leave such a trail of bodies through our teens and twenties that it's hard to tell which one is us. How many versions do we abandon over the years

—Dan Chaon

Secretly all teenage girls feel exactly like me. And maybe one day, when we all realize that we all feel the same, we can all stop pretending to be something we're not.

—Zoe Sugg

In youth, it was a way I had,  
To do my best to please.  
And change, with every passing lad  
To suit his theories.

But now I know the things I know  
And do the things I do,  
And if you do not like me so,  
To hell, my love, with you.

—Dorothy Parker

Youth ends when egotism does; maturity begins when one lives for others.

—Hermann Hesse

I just want to be someone, to mean something to anyone.

—Charlotte Eriksson

I never saw being different in and of itself as the point to being Goth—dressing different from most others, maybe, but the point to me was to get together with people who liked the same music and clothes, or at least very similar music and clothes, and go to clubs, go to movies, go to coffee-houses and hold poetry readings and, in general, just have some good harmless fun. Did I look like a dork? Sure, but so did everybody else in the club. We weren't being different, at least not all of us, we just were different and the point was to stop bitching about being different and just have fun.

—Ruadhán J. McElroy

I never said it was easy to find your place in this world, but I'm coming to the conclusion that if you seek to please others, you will forever be changing because you will never be yourself, only fragments of someone you could be. You need to belong to yourself, and let others belong to themselves too. You need to be free and detached from things and your surroundings. You need to build your home in your own simple existence, not in friends, lovers, your career or material belongings, because these are things you will lose one day. That's the natural order of this world. This is called the practice of detachment.

—Charlotte Eriksson

The hardest period in life is one's twenties. It's a shame because you're your most gorgeous, and you're physically in peak condition. But it's actually when you're most insecure and full of self-doubt. When you don't know what's going to happen, it's frightening.

—Helen Mirren

For what it's worth ... it's never too late, or in my case too early, to be whoever you want to be. There's no time limit. Start whenever you want. You can change or stay the same. There are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people who have a different point of view. I hope you live a life you're proud of, and if you're not, I hope you have the courage to start all over again.

—Eric Roth

I'm not waiting for a hero. I saved myself long ago. I don't need someone to complete me. I am whole alone. I just want a weirdo to go on adventures with. Someone who will dance with me, kiss me when I least expect it and make me laugh. That's it.

—Brooke Hampton

Sometimes you have to accept the fact that certain things will never go back to how they used to be. Life goes on.

—<https://www.facebook.com/selflovers.net/>

The worst enemy to creativity is self-doubt.

—Sylvia Plath

I am aware that I am less than some people prefer me to be, but most people are unaware that I am so much more than what they see.

—Douglas Pagels

You live most of your life inside of your head. Make sure it's a nice place to be.  
—Internet Meme

One does not walk into the forest and accuse the trees of being off-center, nor do they visit the shore and call the waves imperfect. So why do we look at ourselves this way?

—Tao Te Ching

'Finding yourself' is not really how it works. You aren't a ten-dollar bill in last winter's coat pocket. You are also not lost. Your true self is right here, buried under cultural conditioning, other people's opinions and inaccurate conclusions you drew as a kid that became your beliefs about who you are. 'Finding yourself' is actually returning to yourself. An unlearning, an excavation, a remembering who you were before the world got its hands on you.

—Emily McDowell

The social psychologist Mark Leary coined the term sociometer to describe the inner mental gauge that tells us, moment by moment, how we're doing in the eyes of others. We don't really need self-esteem, Leary argued; rather, the evolutionary imperative is to get others to see us as desirable partners for various kinds of relationships. Social media, with its displays of likes, friends followers, and retweets, has pulled our sociometers out of our private thoughts and posted them for all to see.

—Jonathan Haidt and  
Tobias Rose-  
Stockwell

### **SIGNS OF MATURITY:**

- Small talks no longer excite you.
- Sleep is better than a Friday night out.
- You forgive more.
- You become more open-minded.
- You respect differences.
- You don't force love.
- You accept heartaches.
- You don't judge easily.
- You sometimes prefer to be silent than to engage in a nonsense fight.
- Your happiness doesn't depend on people but on your inner self.

—[www.apost.com/en/blog/](http://www.apost.com/en/blog/)

YOU didn't disappoint your parents. Your parents held rigid expectations and never adjusted them even when it was clear they didn't fit you. Children grow in all directions. It's not your fault if your parents weren't prepared to grow with you.

—Internet Meme

[Claudia] Quesada, 31, who immigrated to the U.S. with members of her family in 2003, is preparing for a role in 'A Xmas Cuento Remix,' a modern-day take on 'A Christmas Carol'....And although she's aware that her accent may be the cause of missed acting opportunities, she's staying positive. She said that thinking about how her accent is going to come across in auditions puts limits on her and her economic possibilities. 'I'm aware that it could be an obstacle, but for me, being an immigrant, I embrace who I am,' she said. 'I spent half my life in Cuba. You either love me for who I am or you don't'

—Darcel Rockett

How much larger your life would be if your self could become smaller in it; if you could really look at other men with common curiosity and pleasure...You would break out of this tiny and tawdry theatre in which your own little plot is always being played, and you would find yourself under a freer sky, in a street full of splendid strangers.

—G. K. Chesterton

Learn to be your own best friend because there's going to be days where no-one is going to be there for you but yourself!!!

—Internet Meme

I learned that I am beautifully normal—flaws and all—and that the happiest version of my life arrives when I embrace who I am and embody it fully.

—Alexis Marie Chute

If you were able to believe in Santa Claus for like 8 years, you can believe in yourself for like 5 minutes.

—Internet Meme

Anxiety, worry, stress and insomnia around work is one of the most frequent difficulties I hear. People are struggling with pressure around work success and its impact on self-worth, as well as balancing work with relationships and self-care. Work has really become the end all, be all for us, consuming so much of our time and identify that there is little room for much else. This creates a context in which the ups and downs of work are deeply impactful on emotions and self-esteem.

—Rebekah Montgomery

The most common thing people brought up this year was a fear of not being who they think they are supposed to be, and the imposter syndrome. Because people are so used to seeing 'the success of others' on social media, they perceive others to be the real deal and question their own skills. It really revolves around our feeling of inadequacy; social media has made comparison and contrast the new norm.

—Karla Ivankovich

This year, many of my clients were dealing with impostor syndrome and perfectionism. I think a huge factor is why these concerns are predominating in people's lives is the amount of exposure we have to everyone's 'highlight reel' through social media and the web. By highlight reel, I mean the peak moments with none of the difficulties or failures shown. Impostor syndrome and perfectionism come up a lot for people who are high-functioning and were used to being at the top of their class or group but now find themselves not measuring up to what they see online.

—Heidi Cox

The exhilarating freedom that makes being single so enjoyable sometimes isn't enough to surpass the unexpected disadvantages. And the reality is that sometimes being single just sucks. Every day I wake up in my bed all by myself, get up, brush my teeth and hair, get dressed, make breakfast, and leave for work. This routine is very similar to that of people in relationships, the difference being that the silence is excruciating, and there's no one to say goodbye to me on my way out the door.

— Jenna Wirth

A study of women's magazines by the sociologists Francesca Cancian and Steven L. Gordon found that from 1900 to 1979, themes of putting family before self dominated in the 1950s: 'Love means self-sacrifice and compromise.' In the 1960s and '70s, putting self before family was prominent: 'Love means self-expression and individuality.' Men absorbed these cultural themes, too. The master trend in Baby Boomer culture generally was liberation—'Free Bird,' 'Born to Run,' 'Ramblin' Man.'

—David Brooks

When you keep criticizing your kids, they don't stop loving you, they stop loving themselves.

—Internet Meme

Some people don't understand that sitting in your own house in peace eating snacks and minding your own business is priceless.

—*shortquotesworld.com*

You are under no obligation to be the same person you were a year, month or even 15 minutes ago. You have the right to grow. No apologies.

—*livelifehappy.com*

Men seek out retreats for themselves in the country, by the seaside, on the mountains...But all this is unphilosophical to the last degree...when thou canst at a moment's notice retire into thyself.

—Marcus Aurelius

If you were another person, would you like to be a friend of yours?

—Unknown

The problems of adolescence have an infinite number of symptoms, but all have the same cause. The cause is preoccupation with self.

—Linda and Richard  
Eyre

It is in playing and only in playing that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self.

—Donald Winnicott

Solitude is to the mind what diet is to the body.

—Marquis de  
Vauvenargues

The grass isn't greener on the other side. It's greener where you water it.

—Internet Meme

If the grass looks greener on the other side...

Stop staring.

Stop comparing.

Stop complaining.

Start watering the grass you're standing on.

—Angel Chernoff

My way of getting over doubt is to be like 'You have a lane and you stay in it and you are good in that lane.' Don't try to be smarter or do anything that doesn't naturally come to you. I know my limits. I guess that is a good way of overcoming doubt. It's to not tackle anything I can't actually do.

—Cassandra Lipp

Sometimes it's better to just let things be, let people go, don't fight for closure, don't ask for explanations, don't chase answers and don't expect people to understand where you're coming from...Work on yourself and your inner peace and you'll come to realize that not reacting to every little thing that bothers you is the first ingredient to living a happy and healthy life.

—Rania Naim

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

—Buddha

You don't have to explain why you want what you want, do what you do, love what you love, need what you need. You are allowed to live a life some people don't understand.

Laura McKowen

'Yo soy yo mi circunstancia,' said the Spanish philosopher José Ortega y Gasset. I am myself and my circumstances. Wilfred Owen was a war poet because he was a poet in a war.

—James Parker

A real friend is another self.

—Cicero

You grow up the day you have your first real laugh at yourself.

—Ethel Barrymore

If you want to know what makes you unique, sit for caricature.

—*theChive*

You may feel like you are a ship lost at sea,  
But if you isolate yourself, then you really will be.

—Internet Meme

Know who you are. Let the world find out on their own time.

—Bobby Stroupe

And God said, 'Love your enemy!', and I obeyed him and loved myself.

—Khalil Gibran

Make the most of yourself, for that is all there is of you.

—Ralph Waldo Emerson

People talk about caterpillars becoming butterflies as though they just go into a cocoon, slap on wings, and are good to go. Caterpillars have to dissolve into a disgusting pile of goo to become butterflies. So if you're a mess wrapped up in blankets right now, keep going.

—Jennifer Wright

It is okay to live a life others don't understand.

—Jenna Woginrich

People get built different. We don't have to figure it out. We just have to respect it.

—Princess Bubblegum,  
*Adventure Time*

I like being alone. I have control over my own shit. Therefore, in order to win me over, your presence has to feel better than my solitude. You're not competing with another person, you are competing with my comfort zones.

—Horacio Jones

## **YOU HAVE THIS ONE LIFE**

How do you wanna spent it?  
Apologizing? Regretting? Questioning?  
Hating yourself? Dieting?  
Running after people who don't see you?  
Be brave.  
Believe in yourself.  
Do what feels good.  
Take risks. You have this one life.  
Make yourself proud!

—Beardsley Jones

You have to be odd to be number one.

—Dr. Seuss

You will never speak to anyone more than you speak to yourself in your head. Be kind to yourself.

—*tinybuddha.com*

Be careful who you pretend to be. You might forget who you are.

—Internet Meme

Every day I wake up and decide, today I'm going to love my life.

—Carrie Hamilton

In every form of media, girls are bombarded with negative messages about their appearance. I didn't feel comfortable in my own skin until I started questioning the systems and underlying mentalities that contribute to the objectification of women's bodies. The most potent way to rebel against a culture of self-deprecation is to love yourself and encourage others to do the same.

—Lorena Koppel-Torres

Self care is a priority. Not a luxury.

—Internet Meme

Yesterday I was clever,  
So I wanted to change the world.  
Today I am wise,  
So I am changing myself.

—Rumi

A satisfied life is better than a successful life. Because our success is measured by others, but our satisfaction is measured by our own soul, mind and heart.

—*www.HealthyPlace.com*

It's okay if you fall apart sometimes. Tacos fall apart and we still love them.

—Internet Meme

Stay true to yourself. An original is worth more than a copy.

—Suzy Kassem

Being able to tolerate hearing yourself on video is probably the highest form of self acceptance.

—Internet Meme

Our culture is so predicated on diminishing women and preying on our self-esteem. And so it's quite a radical act—and it's almost like a mini-protest—to love yourself.

—Alexandria  
Ocasio-Cortez

Be ~~with~~ someone who makes you happy.

—Internet Meme

People focus on role models when it's more effective to find Antimodels—people you don't want to resemble when you grow up.

—Nassim Nicholas Taleb

Never try too hard to make people like you. In fact, it doesn't matter if people like you or not. Be your best self and you'll attract the best people for you. This is the power of authenticity.

—Ed Latimore

Your idea of me is not my responsibility to live up to.

—<https://thoughtcatalog.com>

I like people who aren't perfect.

I like people who aren't cool.

I like people who aren't trying to keep up with everyone else.

I like people who aren't trying to be someone they were never made to be.

I like people who are so real it hurts, and makes other people want to be real too.

I love all people, but man, there's a special place in my heart for the messy ones.

—Amy Weatherly

Oh God. I just realized I'm stuck with me my whole life.

—Anna Kendrick

There's a lot of talk these days about giving children self-esteem. It's not something you can give; it's something they have to build. Coach Graham worked in a no-coddling zone. Self-esteem? He knew there was really only one way to teach kids how to develop it: You give them something they can't do, they work hard until they find they can do it, and you just keep repeating the process.

—Randy Pausch

Forget about self-image and self-judgment. It's about self-love, and no one teaches you that at school. No one teaches you that if you accept and love yourself, nothing and no one can touch you.

This is the only face and body you're ever going to get, so be comfortable and happy in it. Own it. Own every aspect of who you are and present it to the world with the utmost pride.

—Connor Franta

I teach people how to treat me by what I will allow.

—Stephen R. Covey

Nobody can teach me who I am.

—Chinua Achebe

If we do not know how to take care of ourselves and to love ourselves, we cannot take care of the people we love. Loving oneself is the foundation for loving another person.

—Thich Nhat Hanh

We teach people how to treat us. If you don't put up with shit, and don't settle for anything less than respect, that's what you'll get. But if you let the douchebags walk all over you and treat you like you're disposable, then that's what you'll always get.

—Kristen Proby

Young girls today are very mistaken to be thinking that their sense of self-worth and their acknowledgment of their beauty depends on whether a man will give that to them or not. Such naïveté! And so what will happen when the man changes his mind about her? Tells her she's not beautiful enough? That she's not good enough? Cheats on her? Leaves her? Then what happens? She will lose all her self-worth, she will think she is not good enough, she is not beautiful enough, because all of those feelings depended on the man in the first place! And along with the loss of the man, it will all be lost as well! Mothers, teach your daughters better. It pains me to see such naive innocence right under my nose! Such naïveté does no good for any girl. It is better for a girl to be worldly-wise and have street-smarts! That's what a girl needs to have in life! Not wide-eyed delusional innocence! The sense of self-worth and acknowledgment of being beautiful must not come from a man, it must come from inside the woman herself, men will come and men will go and their coming and going must not take an effect on the woman's sense of worth and beauty.

—C. JoyBell C.

I hear the word 'tolerance'—that some people are trying to teach people to be tolerant of gays. I'm not satisfied with that word. I am gay, and I am not seeking to be 'tolerated.' One tolerates a toothache, rush-hour traffic, an annoying neighbor with a cluttered yard. I am not a negative to be tolerated.

—Chely Wright

The problem with loneliness is that, unlike other forms of human suffering, it teaches us nothing, leads us nowhere, and generally devalues us in our own eyes and the eyes of others.

—Adam Bagdasarian

Sometimes the people around you won't understand your journey. They don't need to. It's not for them.

—Joubert Botha

'Well, if you want my opinion—'  
'I don't. I have my own.'

—Toni Morrison

Kiss me and you will see how important I am.

—Sylvia Plath

I was always desired. But now I am valued. And that is a different thing.

—Hilary Mantel

I don't want every one to like me; I should think less of myself if some people did.

—Henry James

You're you. And that's as important as you want to make it.

—Samuel R. Delany

Stop wondering if you're good enough. Know you are and start acting like it.

—Katie wheeler

When you are happy with who you are, it won't matter who isn't.

—Stacie Martin

Your competition isn't other people. Your competition is your procrastination. Your ego. The unhealthy food you're consuming, the knowledge you neglect. The negative behavior you're nurturing & your lack of creativity. Compete against that.

—*fabQuote.com*

Stop letting people who do so little for you control so much of your mind, feelings and emotions.

—Will Smith

Bullies differ from other aggressive children in that they single out students who are weak or unpopular, or who are unable to retaliate. Studies have shown that bullies tend to be unwilling to accept the ideas of others or to negotiate during play. Many bullies have a history of physical punishment or abuse at home. Significantly, 40% of elementary and 60% of middle school students...report that teachers try to stop bullying behavior only infrequently. Because a climate conducive to learning must be maintained...bullying must not be tolerated or regarded as simply a natural part of growing up....an habitual victim of even minor abuse is likely to perceive school as an unhappy place and that such a student can be expected to perform poorly and develop little self-esteem.

—John Hoover and  
Richard J. Hazler

According to some studies, many pupils experience so much criticism, failure, and discouragement in school that their self-confidence, level of aspirations and sense of worth are damaged.

—Goodwin Watson

The person in life that you will always be with the most, is yourself. Because even when you are with others, you are still with yourself, too! When you wake up in the morning, you are with yourself, laying in bed at night you are with yourself, walking down the street in the sunlight you are with yourself. What kind of person do you want to walk down the street with? What kind of person do you want to wake up in the morning with? What kind of person do you want to see at the end of the day before you fall asleep? Because that person is yourself, and it's your responsibility to be that person you want to be with. I know I want to spend my life with a person who knows how to let things go, who's not full of hate, who's able to smile and be carefree. So that's who I have to be.

—C. JoyBell C.

There is great change to be experienced once you learn the power of letting go. Stop allowing anyone or anything to control, limit, repress, or discourage you from being your true self! Today is YOURS to shape—own it—break free from people and things that poison or dilute your spirit.

—Steve Maraboli

No matter where you are in life, you'll save a lot of time by not worrying too much about what other people think about you. The earlier in your life that you can learn that, the easier the rest of it will be.

—Sophia Amoruso

When you start seeing your worth, you'll find it harder to stay around people who don't.

—*theChive*

The human body essentially recreates itself every six months. Nearly every cell of hair and skin and bone dies and another is directed to its former place. You are not who you were last November.

—Donald Miller

Do not compare yourselves to others. Be true to who you are.

—Daisaku Ikeda

You cannot learn what you are made of if you rely on anyone or anything else to help you.

—Christopher Paolini

What horrifies me most is the idea of being useless: well-educated, brilliantly promising, and fading out into an indifferent middle age.

—Sylvia Plath

No, I didn't change. I just remembered who I really was. This isn't a temporary phase. I worked hard to find me. I shifted through layers and layers of bullshit stories I had been told about who I should be and finally became who I was meant to be. Get used to it or don't. This is me and I'm not going back.

—Internet Meme

I dress the way I want. I don't pretend to be someone I'm not.

—Britney Spears

Fashion brands have always played on our aspirations and insecurities, and on the seemingly innate desire to express ourselves through our clothing.

—Rachel Monroe

According to a 2017 poll, 41 percent of women ages 18 to 25 felt pressure to wear a different outfit every time they went out.

—Rachel Monroe

You were born to be you, not anyone else. So love and honor who you are; that's the greatest gift you give yourself.

—Tracey Smith

The age of conformity is over. Anytime I wear anything..., people are like, where did you get that?

—Shaudi Lynn

You are what you do. If you do boring, stupid monotonous work, chances are you'll end up boring, stupid and monotonous. Work is a much better explanation for the creeping cretinization all around us than even such significant moronizing mechanisms as television and education.

—Bob Black

The shape of my life is, of course, determined by many things; my background and childhood, my mind and its education, my conscience and its pressures, my heart and its desires.

—Anne Morrow  
Lindbergh

To be changed by ideas was pure pleasure. But to learn ideas that ran counter to values and beliefs learned at home was to place oneself at risk, to enter the danger zone. Home was the place where I was forced to conform to someone else's image of who and what I should be. School was the place where I could forget that self and, through ideas, reinvent myself.

—Bell Hooks

Repeat after me: I don't want what doesn't want me.

—Internet Meme

You either get bitter or you get better. It's that simple. You either take what has been dealt to you and allow it to make you a better person, or you allow it to tear you down. The choice does not belong to fate, it belongs to you.

—Internet Meme

We spend all our life in our head. Make sure it's a nice place to live.

—Internet Meme

Pampering is vital to your well-being, and that self-care mindset is likely to endure. Whether it is taking long bubble baths, tinkering in the workshop, enjoying herbal tea, trying to write a song, rewatching a favorite old movie or seeing noon come while still in your robe, 'being good to yourself offers a necessary reprieve from whatever horrors threaten us from out there,' says Isabel Gillies.

—David Hochman

You are the greatest project you will ever get to work on. Take your time. Create Magic.

—Internet Meme

The one great art is that of making a complete human being of oneself.

—G. I. Gurdjieff

Education should be the process of helping everyone to discover his uniqueness.

—Leo Buscaglia

Man is never so authentically himself than when at play.

—Friedrich Schiller

Stop telling yourself you're not qualified, not worthy or not experienced enough. Growth happens when you start doing things you're not qualified to do.

—Steven Bartlett

What makes you extraordinary is defined by your attitude towards others.

—Ashish Patel

Being loved by all is little fun  
Unless you're also loved by one.

—Robert Brault

There's a difference between loneliness and solitude.

—Jennifer E. Smith

Self-regulation can be taught to many kids who cycle between frantic activity and immobility. In addition to reading, writing, and arithmetic, all kids need to learn self-awareness, self-regulation, and communication as part of their core curriculum. Just as we teach history and geography, we need to teach children how their brains and bodies work. For adults and children alike, being in control of ourselves requires becoming familiar with our inner world and accurately identifying what scares, upsets, or delights us.

—Bessel A. van der Kolk

It is part of the human condition for personal meaning to be intimately tied to a collective identity that is rooted in geography.

—Donald E. Miller

We are all affected by our location in unique ways. To some extent, our identity changes every time our location changes.

—Zachariah Renfro

You'll face rejection from many places in this world, but the mirror shouldn't be one of them. There will be a lot of people who won't believe in your potential, and you must not be one of them.

—Internet Meme

You absolutely HAVE to become ok with not being liked. No matter how loving or kind you are, you will never please people your way into collective acceptance. You could be a whole ray of sunshine and people will hate you cuz they're used to rain. Be ok with shining regardless.

—Internet Meme

Never take criticism from people you would never go to for advice.

—Internet Meme

If you're looking for that one person that will change your life, take a look in the mirror.

—Internet Meme

Make your daughter so capable that you don't have to worry who'll marry her! Instead of saving money for her wedding day, spend it well on her education and most importantly, instead of preparing her for her marriage, prepare her for herself. Teach her self-love, confidence and self-care.

—Komal Sahir

There will come a time in the future when someone will think of you for the last time, and everything you've ever accomplished in life will be forgotten.

—Internet Meme

Someone, somewhere, can you understand me a little, love me a little? For all my despair, for all my ideals, for all that—I love life. But it is hard, and I have so much.

—Sylvia Plath

Learning to ignore things is one of the great paths to inner peace.

—Robert J. Sawyer

We are products of our past, but we don't have to be prisoners of it.

—Rick Warren

I don't know if I continue, even today, always liking myself. But what I learned to do many years ago was to forgive myself. It is very important for every human being to forgive herself or himself because if you live, you will make mistakes—it is inevitable. But once you do and you see the mistake, then you forgive yourself and say, 'Well, if I'd known better I'd have done better,' that's all. So you say to people who you think you may have injured, 'I'm sorry,' and then you say to yourself, 'I'm sorry.' If we all hold on to the mistake, we can't see our own glory in the mirror because we have the mistake between our faces and the mirror; we can't see what we're capable of being. You can ask forgiveness of others, but in the end the real forgiveness is in one's own self. I think that young men and women are so caught by the way they see themselves. Now mind you. When a larger society sees them as unattractive, as threats, as too black or too white or too poor or too fat or too thin or too sexual or too asexual, that's rough. But you can overcome that. The real difficulty is to overcome how you think about yourself. If we don't have that we never grow, we never learn, and sure as hell we should never teach.

—Maya Angelou

Cherish your solitude. Take trains by yourself to places you have never been. Sleep out alone under the stars. Learn how to drive a stick shift. Go so far away that you stop being afraid of not coming back. Say no when you don't want to do something. Say yes if your instincts are strong, even if everyone around you disagrees. Decide whether you want to be liked or admired. Decide if fitting in is more important than finding out what you're doing here.

—Eve Ensler

I want to be the best version of myself for anyone who is going to someday walk into my life and need someone to love them beyond reason.

—Jennifer Elisabeth

It's your life—but only if you make it so.

Eleanor Roosevelt

Everyone needs a place. It shouldn't be inside of someone else.

—Richard Siken

You have a unique gift to offer this world. Be true to yourself, be kind to yourself, read and learn about everything that interests you and keep away from people who bring you down. When you treat yourself kindly and respect the uniqueness of those around you, you will be giving this world an amazing gift... YOU!

—Steve Maraboli

No matter where you are in life, you'll save a lot of time by not worrying too much about what other people think about you. The earlier in your life that you can learn that, the easier the rest of it will be.

—Sophia Amoruso

No person, no matter how beloved, can ever truly understand us.

—Donna Tartt

You know when you see a gorgeous boy on the street and you say to your friend, 'Look at him!' and then your friend makes a face like, ugly? We all have such totally varied tastes that someone is going to look at you and think, yum-yum dee-lish, no matter what you think you look like. You just have to learn to see what they see.

—Cecily von Ziegesar

Other people teach us who we are. Their attitudes to us are the mirror in which we learn to see ourselves.

—Alan Wilson Watts

The monkey-mind chatter of perfectionism can be interrupted with a simple mantra: it's good enough....Done is better than perfect.

—Linda Lowen

You can't run away to find yourself. Yourself is there no matter where you go.

—Tarryn Fisher

How shall we learn to know ourselves? By reflection? Never; but only through action. Strive to do thy duty; then you shall know what is in thee.

—Johann von Goethe

It's a woman thing. We don't always sing our own praises; we give credit to the team.

—Connie Chung

Clothes are a language we use to tell others about ourselves; fashion is a conversation.

—Amanda Mull

Being a human is a mess. The more that we recognize that, the more we can feel better about our own messes.

—Ann Garvin

When I ran on my ego, I wasted time in pointless competition. The only competition I'm in now is being a better person today than I was yesterday. That's it.

—Danny Trejo

If you don't have money, you cling to your freedoms all the more angrily. Even if smoking kills you, even if you can't afford to feed your kids, even if your kids are getting shot down by maniacs with assault rifles. You may be poor, but the one thing nobody can take away from you is the freedom to fuck up your life.

—Jonathan Franzen

You will always  
be 'too much'  
for some people.  
Too loud, too soft.  
Too skinny, too fat.  
Too this, too that.  
But you will always  
be perfect for  
those who love you  
for who you are.

—*LoveWideOpen.com*

The butterfly does not look back at the caterpillar in shame, just as you should not look back at your past in shame. Your past was part of your own transformation.

—Anthony Gucciardi

As children, we are seldom told we have a place in life that is uniquely ours alone. Instead, we are encouraged to believe that our life should somehow fulfill the expectations of others, that we will (or should) find our satisfactions as they have found theirs. Rather than being taught to ask ourselves who we are, we are schooled to ask others. We are, in effect, trained to listen to others' versions of ourselves. We are brought up in our life as told to us by someone else! When we survey our lives, seeking to fulfill our creativity, we often see we had a dream that went glimmering because we believed, and those around us believed, that the dream was beyond our reach. Many of us would have been, or at least might have been, done, tried something, if...

If we had known who we really were.

—Julia Cameron