

Love Yourself.

- You gotta nourish to flourish.
- If it costs you your peace, it's too expensive.
- I am enough. What I do is enough. And what I have is enough.
- Self-care is not self-indulgence. Self-care is self-respect.
- Feelings are just visitors. Let them come and go.*
- Everything you need, your courage, your strength, compassion, and love, is already within you.
- The relationship with yourself sets the tone for every other relationship you have.*
- Perhaps the butterfly is proof that you can go through a great deal of darkness yet become something beautiful.
- Nothing in nature blooms all year. Be patient with yourself.
- You are pretty f*cking awesome, keep that sh*t up!

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