

## Self-Care Quotes to Deepen Self-Love

“Self-care is so much more than a beauty regimen or an external thing you do. It has to start within your heart to know what you need to navigate your life. A pedicure doesn’t last, but meditating every day does.”

**Carrie-Anne Moss**

“To be a good parent, you need to take care of yourself so that you can have the physical and emotional energy to take care of your family.”

**Michelle Obama**

“Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.” **Parker Palmer**

“Talk to yourself like you would to someone you love.” **Brené Brown**

“Self-compassion is simply giving the same kindness to ourselves that we would give to others.” **Christopher Germer**

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

**Jack Kornfield**

“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.” **Eleanor Brown**

“Self-love is an ocean and your heart is a vessel. Make it full, and any excess will spill over into the lives of the people you hold dear. But you must come first.” **Beau Taplin**

“Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.” **Oprah**

“Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won’t accept.” **Anna Taylor**

“Almost everything will work again if you unplug it for a few minutes, including you.” **Anne Lamott**

“The time to relax is when you think you don't have time for it.”

**Sydney J. Harris**

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“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.” **Maya Angelou**

“Self-care means giving the world the best of you, instead of what is left of you.” **Katie Reed**

“When you say yes to others, make sure you’re not saying no to yourself.” **Paolo Coehlo**

“An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.” **Unknown**

“Where is your water? Know your garden.” **Hopi teaching**

“Take care of your body. It’s the only place you have to live.” **Jim Rohn**

“Put yourself at the top of your to-do list every single day, and the rest will fall into place.” **Unknown**

“Self-care is asking yourself what you need, every day, and then making sure you receive it.” **Unknown**

“When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.” **Jean Shinoda Bolen**

“A healthy outside starts from the inside.” **Robert Urich**

“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.” **Maya Angelou**

“Meditation is a way for nourishing and blossoming the divinity within you.” **Amit Ray**

“Be consistent in your dedication to showing your gratitude to others. Gratitude is a fuel, a medicine, and spiritual and emotional nourishment.” **Steve Maraboli,**

“If I’m not flourishing, I might want to check out the soil.” **Craig D. Lounsbrough**