

Self-care

is giving the world
the best of you,
instead of
what's left of you.

Katie Reed

TO BE YOURSELF

in a world that
is *constantly trying*
to make you
something else is the

**GREATEST
ACCOMPLISHMENT.**

Ralph Waldo Emerson

Talk
to yourself
like you
would to
someone
you love.

Brené Brown

Self care is
how
you take
your power
back.

Lalah Delia

When you can't
find your purpose
in a day,
make it
to **LOOK AFTER
YOURSELF.**

Dodie Clark

Take time
to do what
makes
your soul
happy.

Do what
makes
your soul
shine.

Be you,
love you.
All ways,
always.

Alexandra Elle

Solitude is
where I place
my chaos to
rest and
awaken my
inner peace.

Nikki Rowe.