Self-compassion is simply giving the same kindness to ourselves that we would give to others

**Christopher Germer** 

When you say 'yes' to others make sure you are not saying 'no' to yourself.

Paulo Coelho

Self-care is one of the active ways that Love Myself.

Tracee Ellis Ross

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

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

your compassion does no include yourself, it is incomple e.

Jack Kornfield

Son can pour from an empty cup. Take care of yourself first.

For us to feel good emotionally, we have to look after ourselves.

Sam Owen

## Taking care of yourself is the most powerful way to begin to take care of others.

**Bryant McGill** 

aketimetodo what makes your soul happy.

Il you get tired, learn o rest. no o dui.

**Banksy** 

Saying no can be the utilinate self-care

Claudia Black

## It's not selfish to do what's **best** for you.

Mark Sutton