

Trust in the
magic
of new
beginnings.

The
beginning
is *always*
today.

Mary Shelley

The Sun is
a daily reminder
that we too can
rise again
from the darkness,
that we too can
shine our
own light.

S. Ajna

Begin,
be bold
and
venture to
be wise.

Horace

You are
never too old
to
set another
goal
or to
dream
a new dream.

C.S. Lewis

Do not go where
the path may lead,
go instead where
there is no path
and
leave a trail.

Ralph Waldo Emerson

Every moment
is
a fresh
beginning.

T.S. Eliot

No river can
return to its
source,
yet all rivers
must have a
beginning.

Native American Proverb

Never
underestimate
the power
you have
to
take your life
in a
new direction.

Germany Kent

When the **roots**
are **deep**,
there is no reason
to **fear**
the **Wind**.

Deep roots
are not
reached
by
the **frost**.

J.R.R. Tolkien

It's because
my **roots**
are **so strong**
that I can
fly.

Mira Nair

You can't have
the **FRUITS**
without
the **ROOTS**.

Stephen Covey

Change your **opinions**,
keep to your **principles**;
change your **leaves**,
keep intact your **roots**.

Victor Hugo

Dive deep into
your talents,
and make
the things
you need
in the world.

Water
your roots,
so your
soul can
blossom.

Learn character
from trees,
values from roots
and change
from leaves.

Tasneem Hameed

It's not hard to
make decisions
when you know what
your values
are.

Roy Disney

It is our values
that ground us
to who we are
and
who we aspire
to be.

Tara Loyd

Your **core values** are the
deeply held beliefs
that
authentically describe
your **soul**.

John C Maxwell

Strive not
to be
a success
but rather
to be
of value.

Integrity is
choosing
your thoughts
and actions
based on values
rather than
personal gain.

Core values
are the
framework
on which
we evaluate
our choices.

Creating a life
that reflects
your values and
satisfies your soul
is a rare
achievement.

Bill Watterson

Just
be yourself
and
stay true
to your
core values.

Ben Quayle

Open
your arms
to change,
but
don't let go
of
your values.

Dalai Lama

**BELIEVE IN
YOURSELF**

our **STRENGTH**
grows out of
our **WEAKNESS**.

Ralph Waldo Emerson

A man's
strength
is ultimately
born of
his **knowledge**
of his own
weakness...

David Gemmel

You have power
over **YOUR MIND**,
not outside events.

Realize this and
you will find
strength.

Marcus Aurelius.

To find
your **strength**,
know
your **weakness**
then you shall see
your true
nature.

We're tested
not to show
our **weaknesses**,
but
to discover
our **strengths**.

Life isn't about
finding yourself.

Life is about
creating yourself.

George Bernard Shaw

Out of suffering
have emerged the
strongest souls;
the most massive
characters are
seared with scars.

Khalil Gibran

REAL
INTROSPECTION
is to know both
your strengths
and
weaknesses,
not just
your weaknesses.

**I ACCEPT
MYSELF
AS
I AM.**

*Refuge
to the man
is the mind,
refuge
to the mind
is mindfulness.*

Buddha

We can find
true refuge
within our own
hearts and minds
— right here, right
now, in the midst of
our moment to
moment lives.

Tara Brach

This life will
never be
without storms.
Stop fearing
the storm.
BUILT
YOUR INNER
SHELTER.

Yasmin Mogahed

WITHIN YOU
there is a
stillness and
sanctuary
to which
you can **retreat**
at **any time** and
BE YOURSELF.

Hermann Hesse

**I seek
refuge
in my
inner
self.**

Remember...
the entrance
door
to the sanctuary
is inside you.

Rumi

Today
I go to my
inner temple,
not to pray
but rather
listen....

Do not look
for
a sanctuary
in anyone
except
your self.

Gautama Buddha

Peace comes
from **within**.
Do not seek it
without.

Buddha

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.

Time spent in **self-reflection** is never wasted.
It is an intimate **date** with **yourself**.

Reflection.
Looking back so that the **view** looking forward is even **clearer**.

The way we experience the world **around us** is a direct reflection of the world **within us**.

Gabrielle Bernstein

Reflective thinking turns **experience** into **insight**.

Compare less.
Reflect more.

Self-reflection is the school of **Wisdom**.

Baltasar Gracian

We do not learn from experience... we learn from **reflecting** on experience.

John Dewey

In the **depth** of **winter**, I finally learned there was in me an **invincible** **summer**.

Albert Camus

Honest self-understanding liberates us from our stuck emotions.

C. Terry Warner

Life is a **balance** of holding on and letting go,

and knowing when to do which of the two.

Rumi

Balance.
Stability found at the center of acceptance

Happiness is not a matter of intensity but of **balance**, order, rhythm and harmony.

Thomas Merton

Balance is not something you **find**, it's something you **create**.

Jana Kingsford

The key to keeping your **balance** is knowing when you've lost it.

Self Control.
The balance between inner wisdom and outer action.

My **journey** has always been the balance between **chaos** and **order**.

Philippe Petit

Life is all about **balance** and following what the universe provides for you.

Gnash

Serenity is the tranquil **balance** of **heart** and **mind**.

Harold W. Becker

Self-knowledge
is
the beginning
of
self-improvement.

Baltasar Gracian

**The essence
of
knowledge
is
self
knowledge.**

Plato

**Freedom is
knowing
who you
really are.**

Bill Vaughan

**Knowing
yourself is
the
beginning of
all wisdom.**

Aristotle

Self-knowledge
is the *beginning* of
wisdom,
which is
the *ending* of
fear.

Jiddu Krishnamurti

If most of us
remain ignorant
of ourselves,
it is because
self-knowledge
is painful
and we prefer
the pleasures of
illusion.

Aldous Huxley

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

Ralph Waldo Emerson

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

Henry David Thoreau

Humans keep
delving deeper
to **FIND**
the **ESSENCE OF LOVE**
and **TO HEAL FEAR**,
which requires
the **CLARITY**
of **SELF-KNOWLEDGE**.

Deepak Chopra