

Trust in the
magic
of new
beginnings.

The
beginning
is *always*
today.

Mary Shelley

Every moment
is
a fresh
beginning.

T.S. Eliot

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

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

Native American Proverb

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

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**.

J.R.R. Tolkien

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

J.R.R. Tolkien

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

Victor Hugo

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

STORMS
make **trees**
take
DEEPER ROOTS.

Dolly Parton

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

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

Jiddu Krishnamurti

Freedom is
knowing
who you
really are.

Bill Vaughan

Knowing
yourself is
the
beginning of
all wisdom.

Aritotle

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

Henry David Thoreau

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

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

Deepak Chopra