

# Inspirational Quotes

Self-Worth / Self-Esteem /  
Self-Love

*Compiled by:*

*Huma Malik*


*1<sup>st</sup> January 2020*



*Hume Malik*

Accept yourself, love  
yourself, and keep  
moving forward. If  
you want to fly, you  
have to give up what  
weighs you down.

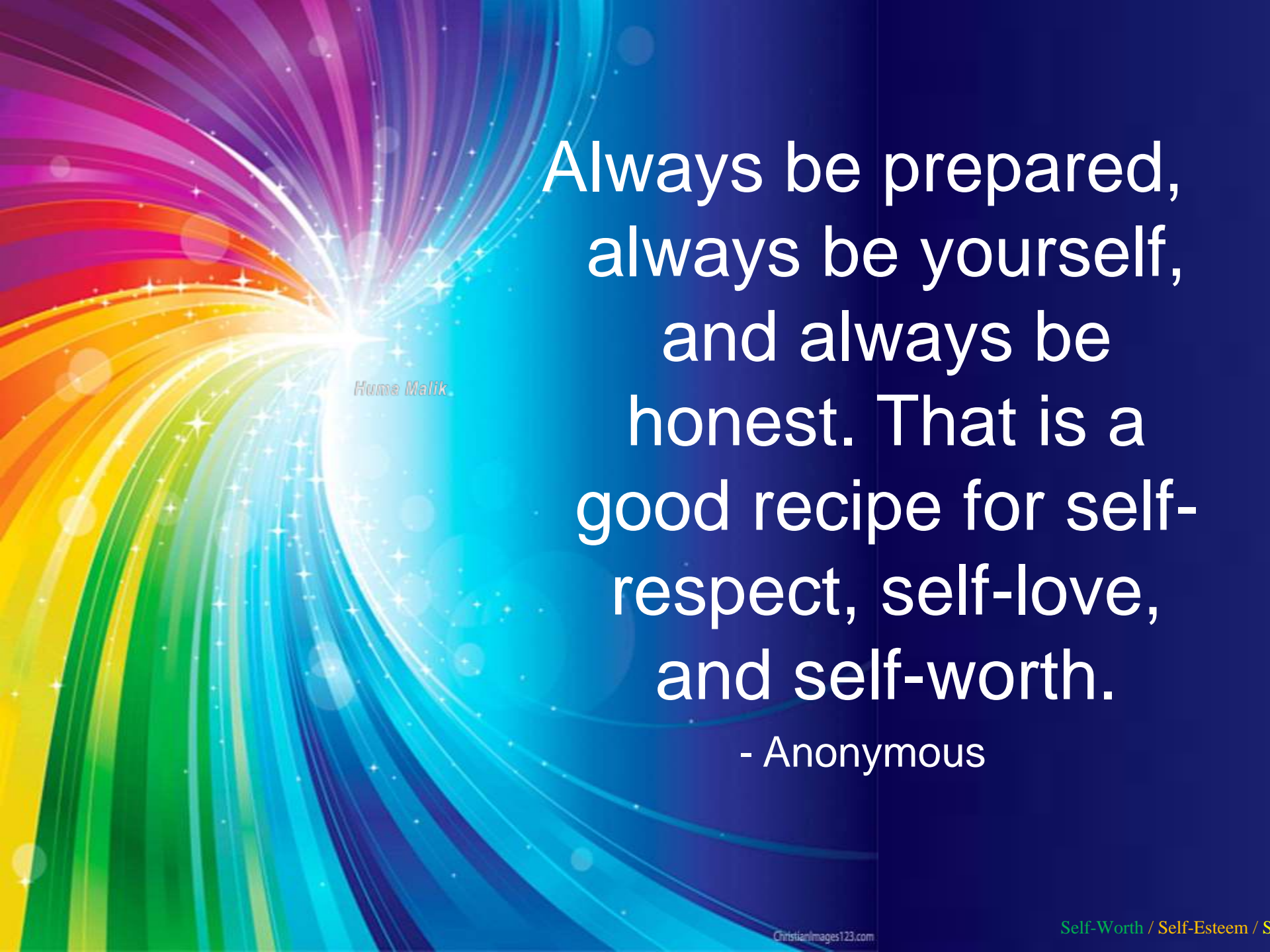
– Roy T. Bennett



A man cannot be  
comfortable  
without his own  
approval.

– Mark Twain

*Hume Malik*



Always be prepared,  
always be yourself,  
and always be  
honest. That is a  
good recipe for self-  
respect, self-love,  
and self-worth.

*Hume Malik*

- Anonymous



Beauty begins the  
moment you  
decided to be  
yourself.

– Coco Chanel

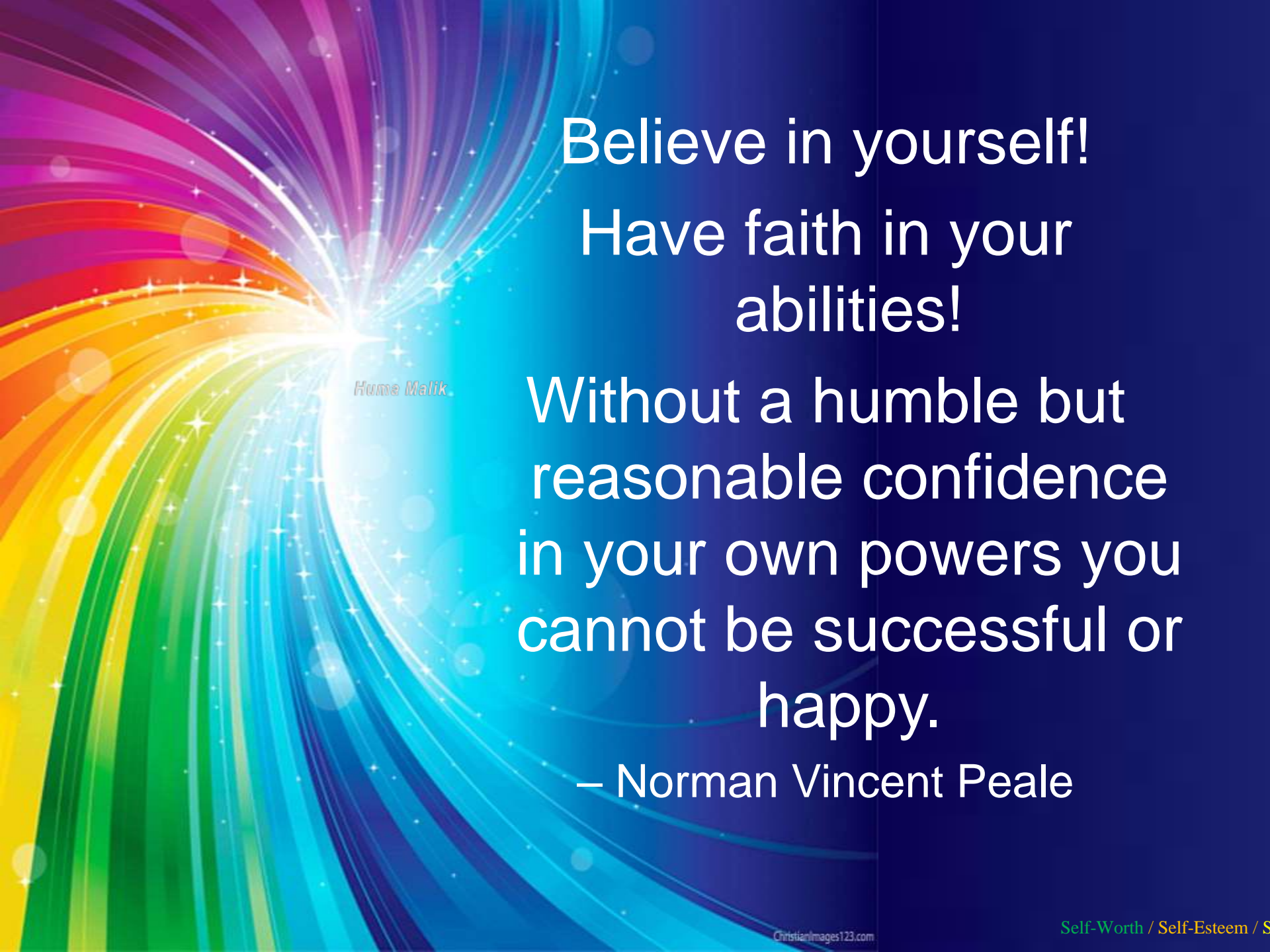
*Hume Malik*



Beauty is when you  
can appreciate  
yourself. When you  
love yourself, that's  
when you're most  
beautiful.

– Zoe Kravitz

*Hume Malik*

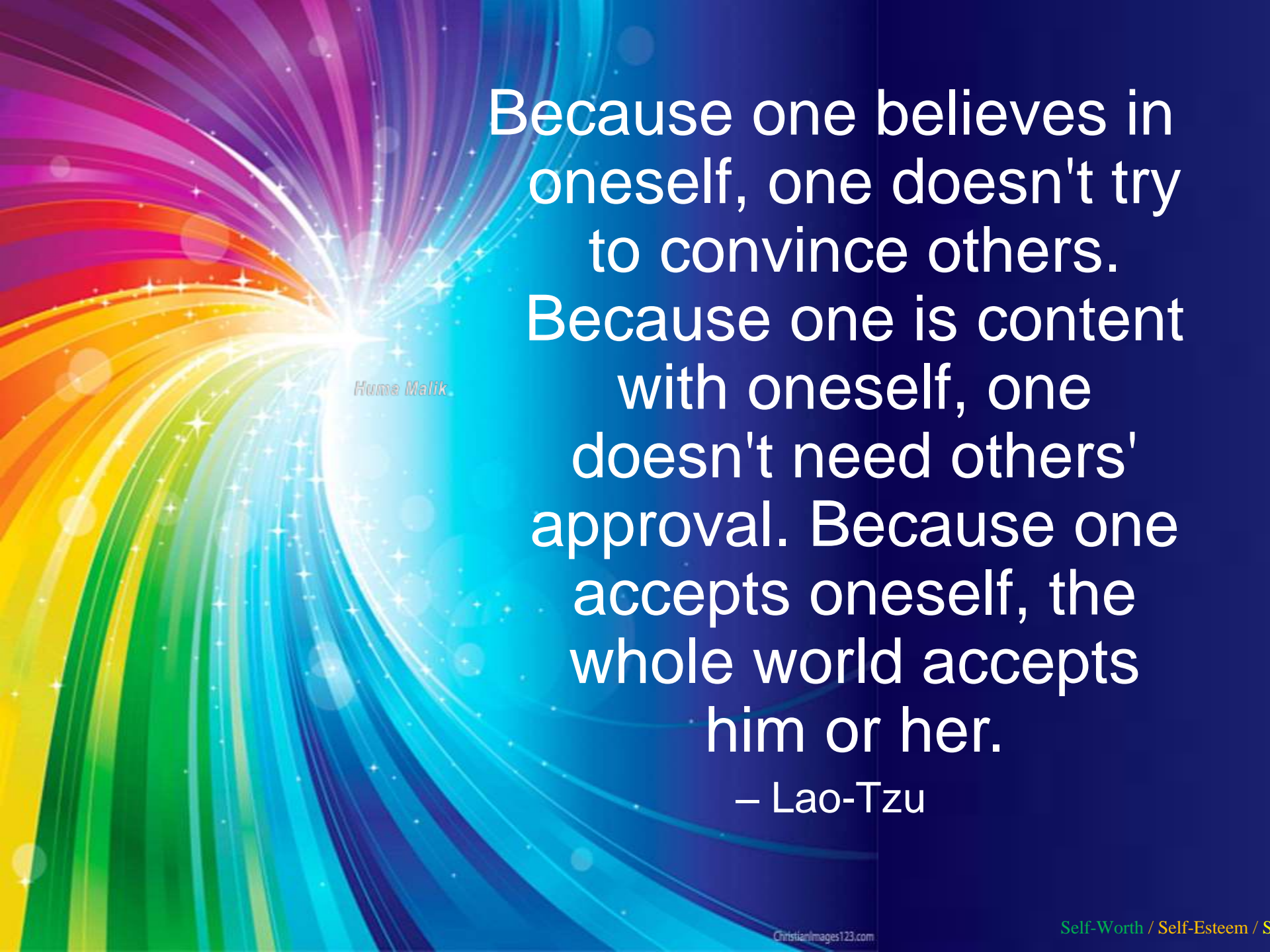


Believe in yourself!  
Have faith in your  
abilities!

*Hume Malik*

Without a humble but  
reasonable confidence  
in your own powers you  
cannot be successful or  
happy.

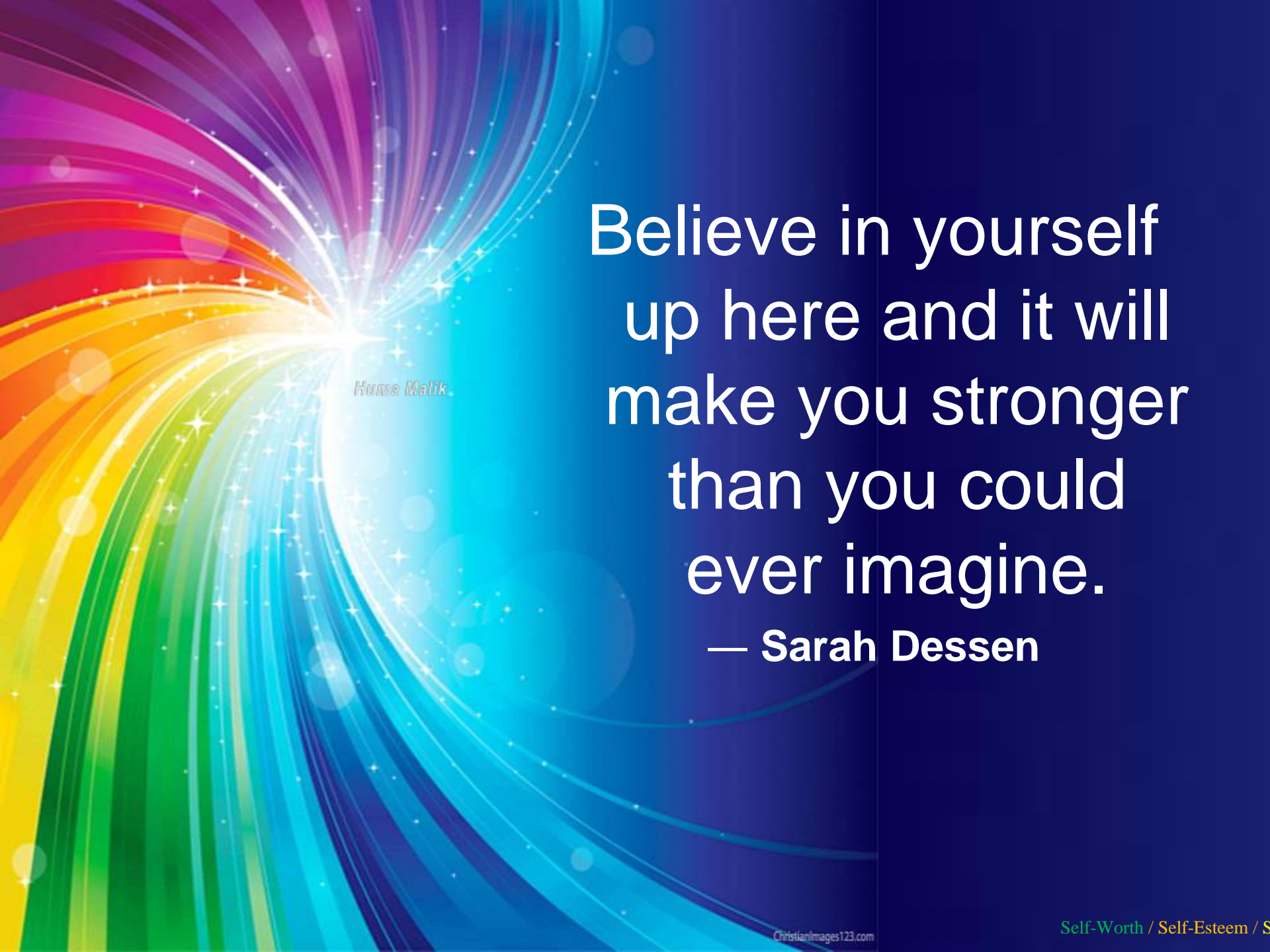
– Norman Vincent Peale



Because one believes in  
oneself, one doesn't try  
to convince others.  
Because one is content  
with oneself, one  
doesn't need others'  
approval. Because one  
accepts oneself, the  
whole world accepts  
him or her.

– Lao-Tzu


*Hume Malik*



Believe in yourself  
up here and it will  
make you stronger  
than you could  
ever imagine.

— Sarah Dessen

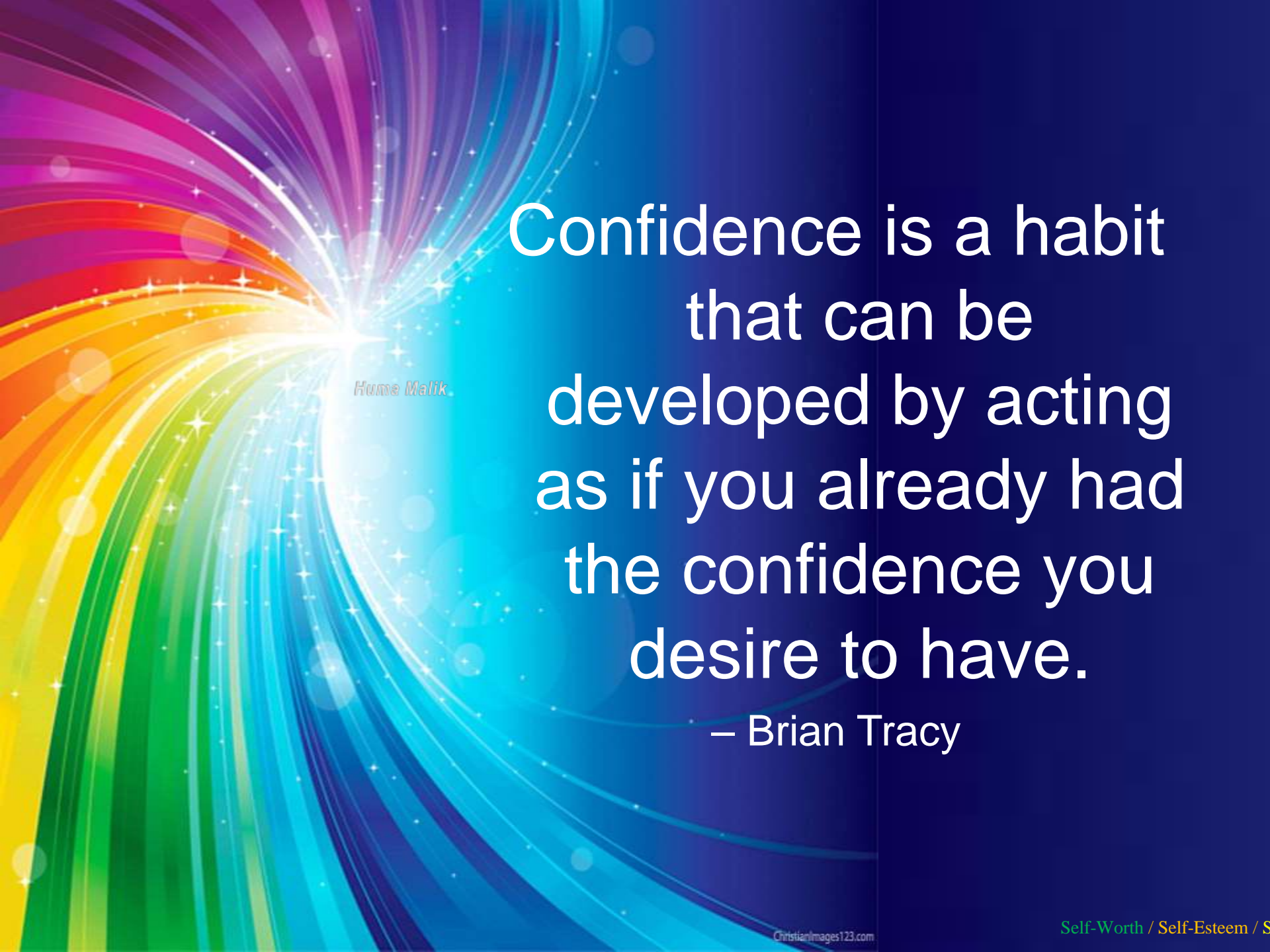
*Hume Malik*



Confidence comes  
not from always  
being right but  
from not fearing to  
be wrong.

– Peter T. McIntyre

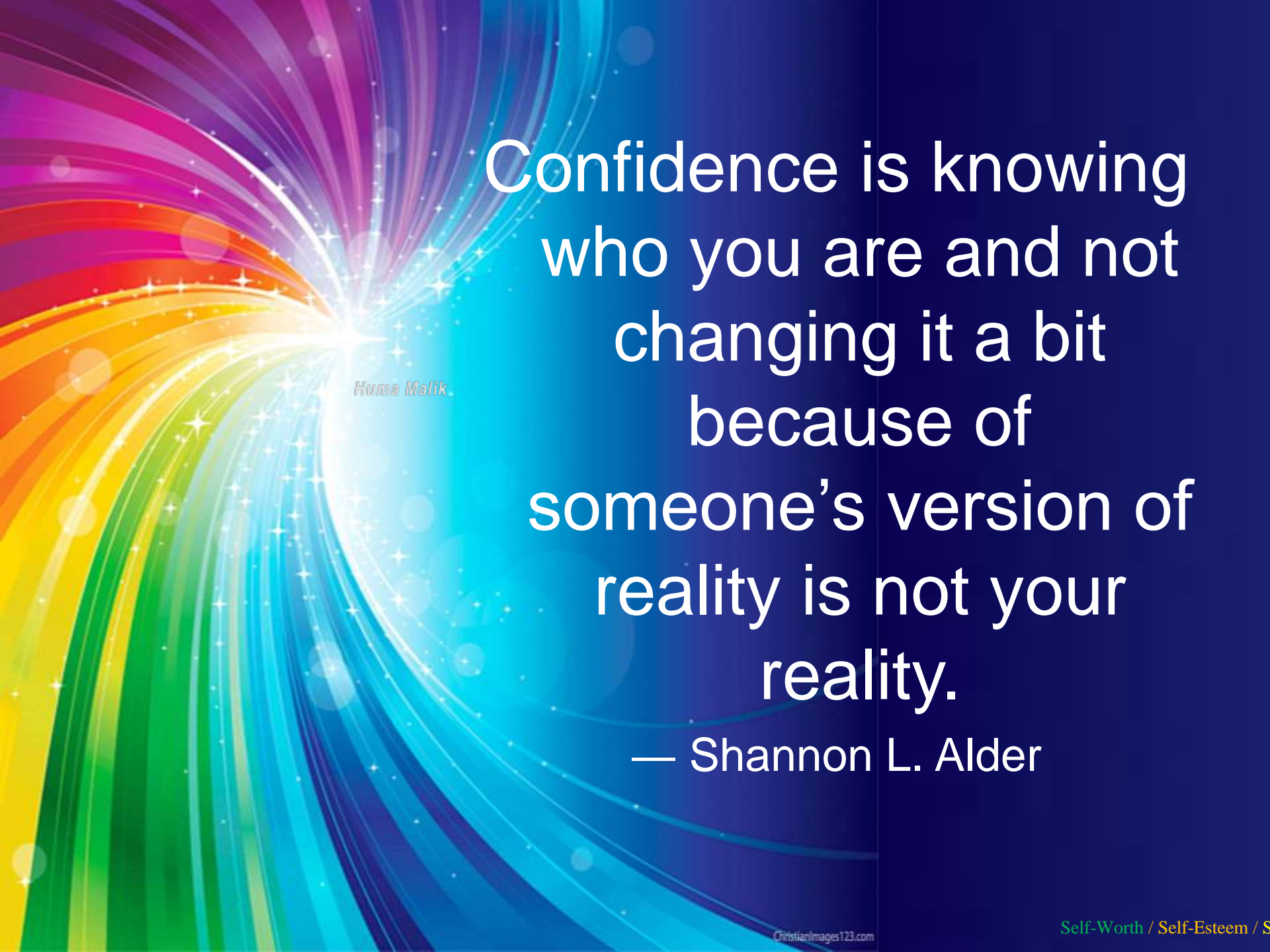
*Hume Malik*



Confidence is a habit  
that can be  
developed by acting  
as if you already had  
the confidence you  
desire to have.

*Hume Malik*

– Brian Tracy



Confidence is knowing  
who you are and not  
changing it a bit  
because of  
someone's version of  
reality is not your  
reality.

*Hume Malik*

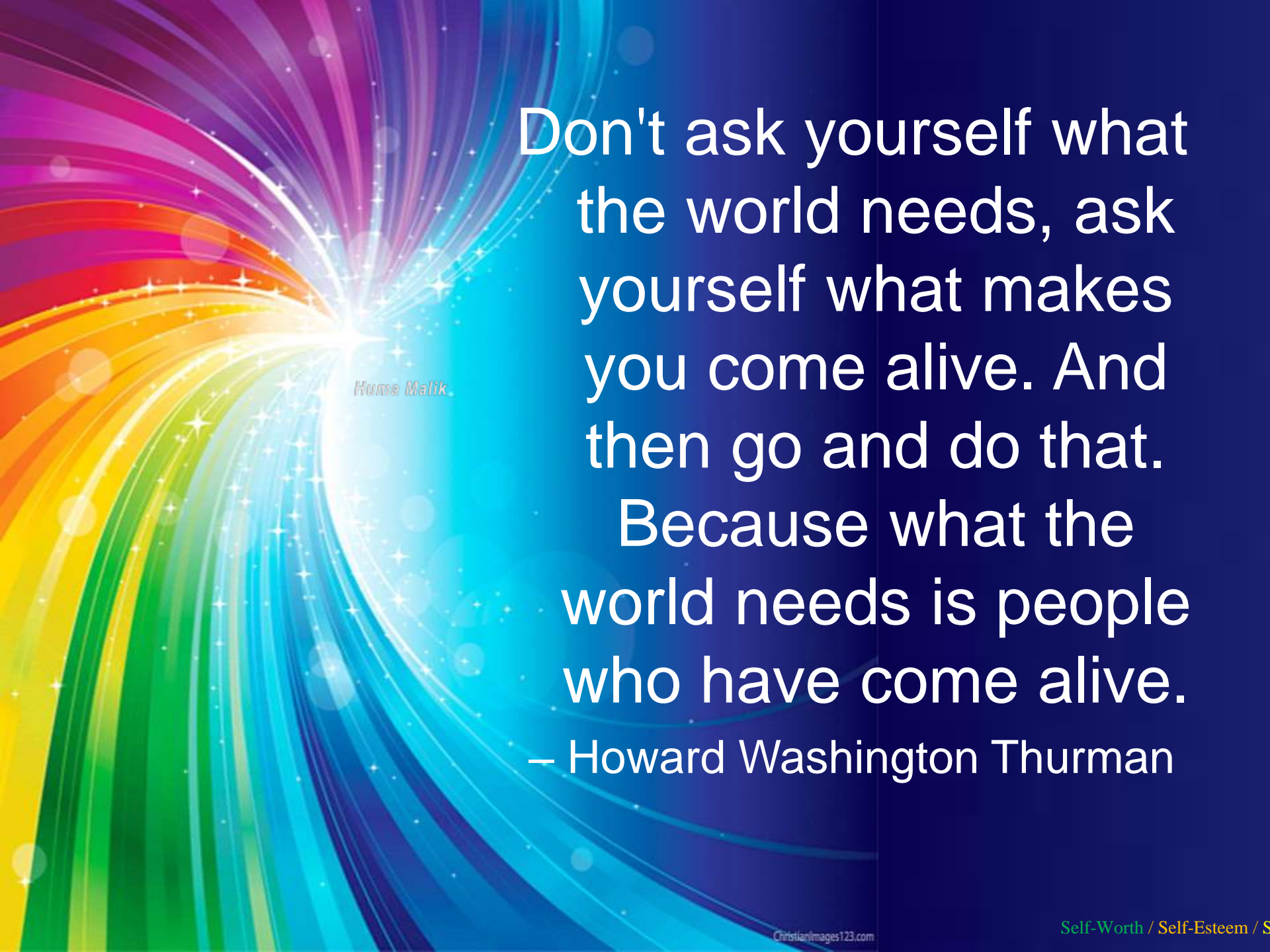
— Shannon L. Alder



*Hume Malik*

Don't let hollow heroes  
distract you from  
saving yourself.

– Nikki Rowe



Don't ask yourself what  
the world needs, ask  
yourself what makes  
you come alive. And  
then go and do that.

*Hume Malik*

Because what the  
world needs is people  
who have come alive.

– Howard Washington Thurman



*Hume Malik*

Don't waste your  
energy trying to  
change opinions ...  
Do your thing, and  
don't care if they  
like it.

– Tina Fey



*Hume Malik*

Encourage yourself,  
believe in yourself,  
and love yourself.  
Never doubt who  
you are.

- Stephanie Lahart



*Hume Malik*

Eat like you love  
yourself. Move like  
you love yourself.  
Speak like you love  
yourself. Act like  
you love yourself.  
- Anonymous

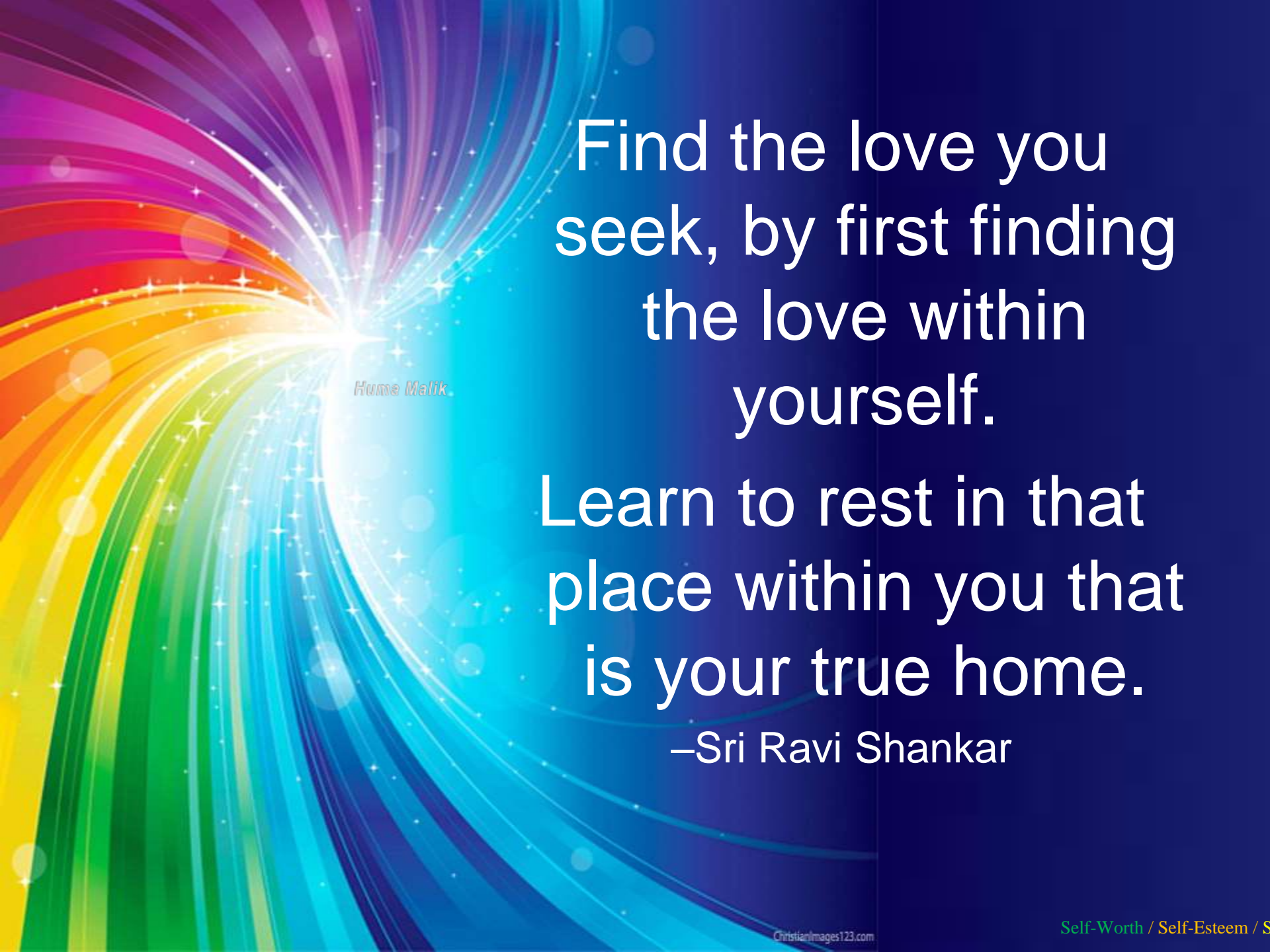


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Fall in love with taking  
care of yourself.

Mind. Body. Spirit.

- Anonymous



Find the love you  
seek, by first finding  
the love within  
yourself.

*Hume Malik*

Learn to rest in that  
place within you that  
is your true home.

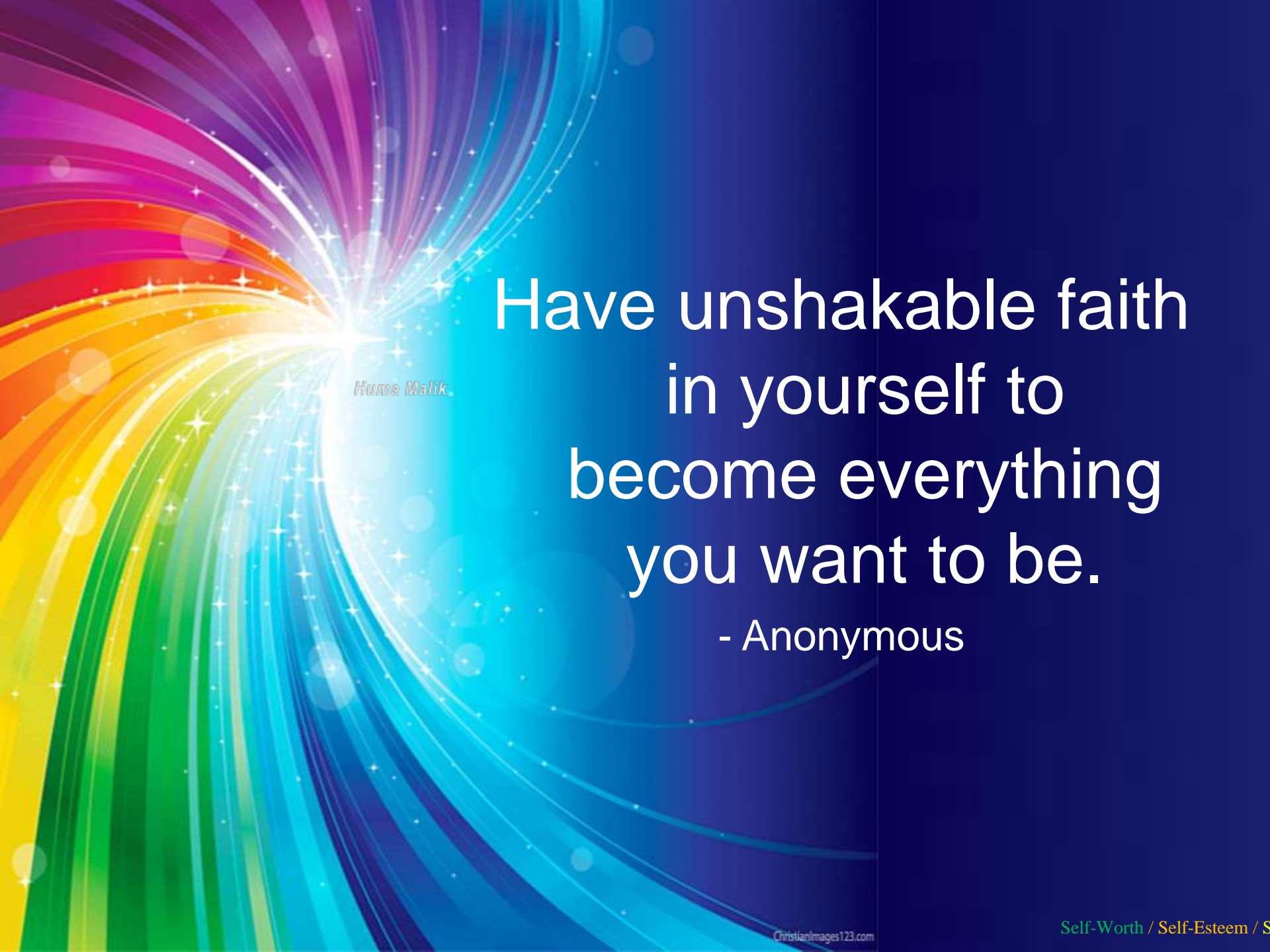
–Sri Ravi Shankar



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Growth begins when  
we start to accept  
our own weakness.

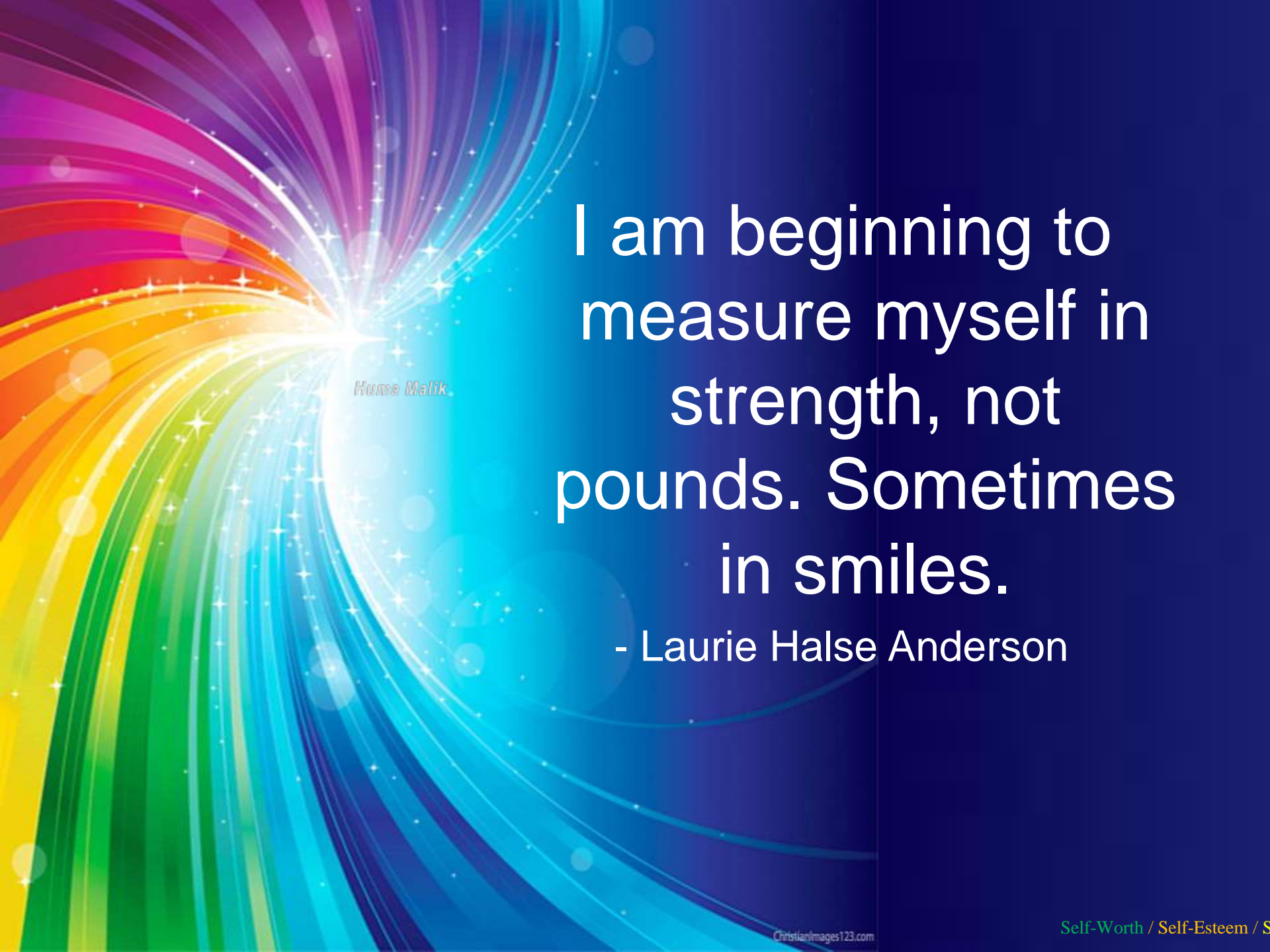
– Jean Vanier



Have unshakable faith  
in yourself to  
become everything  
you want to be.

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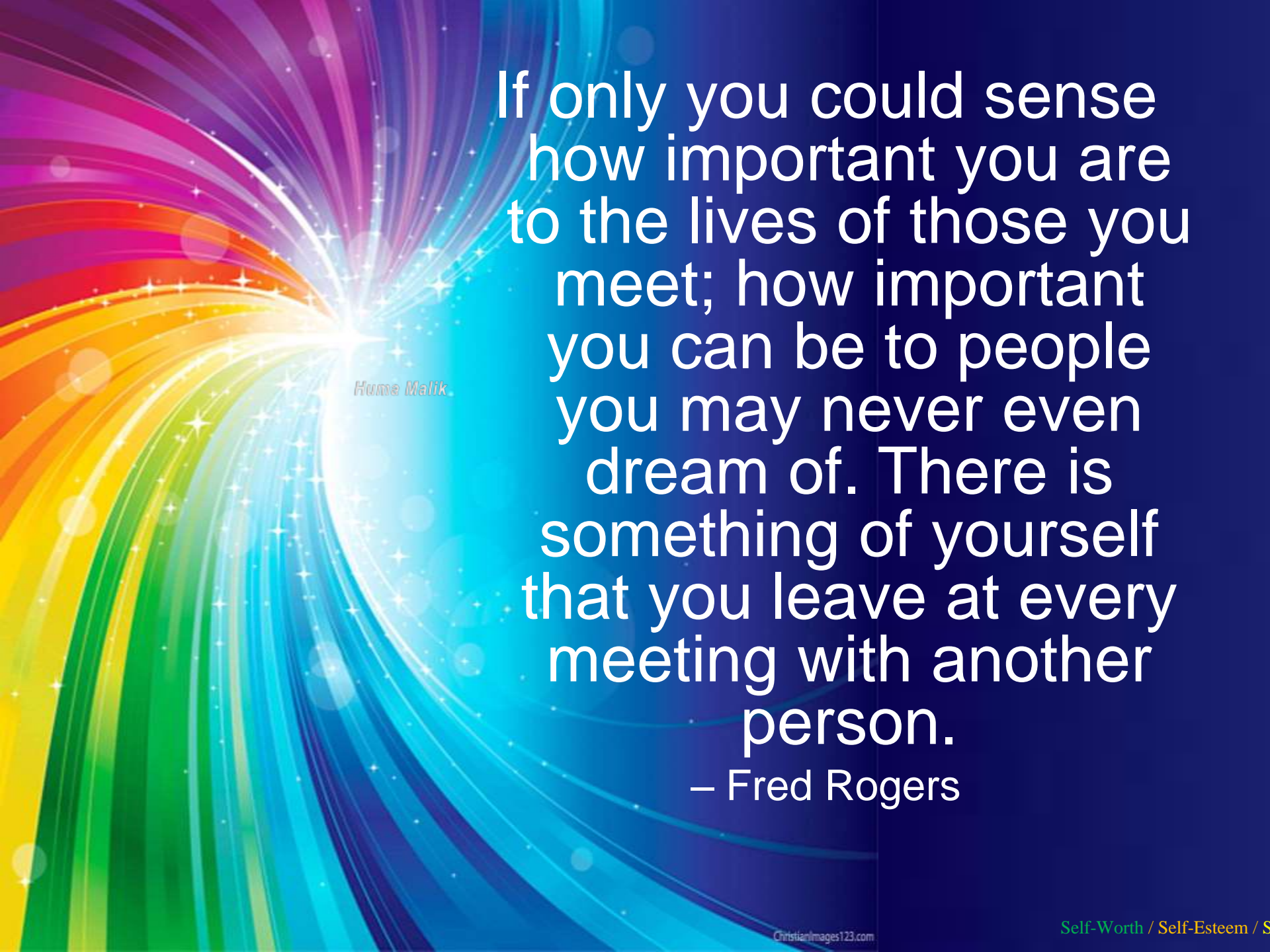
- Anonymous



I am beginning to  
measure myself in  
strength, not  
pounds. Sometimes  
in smiles.

- Laurie Halse Anderson

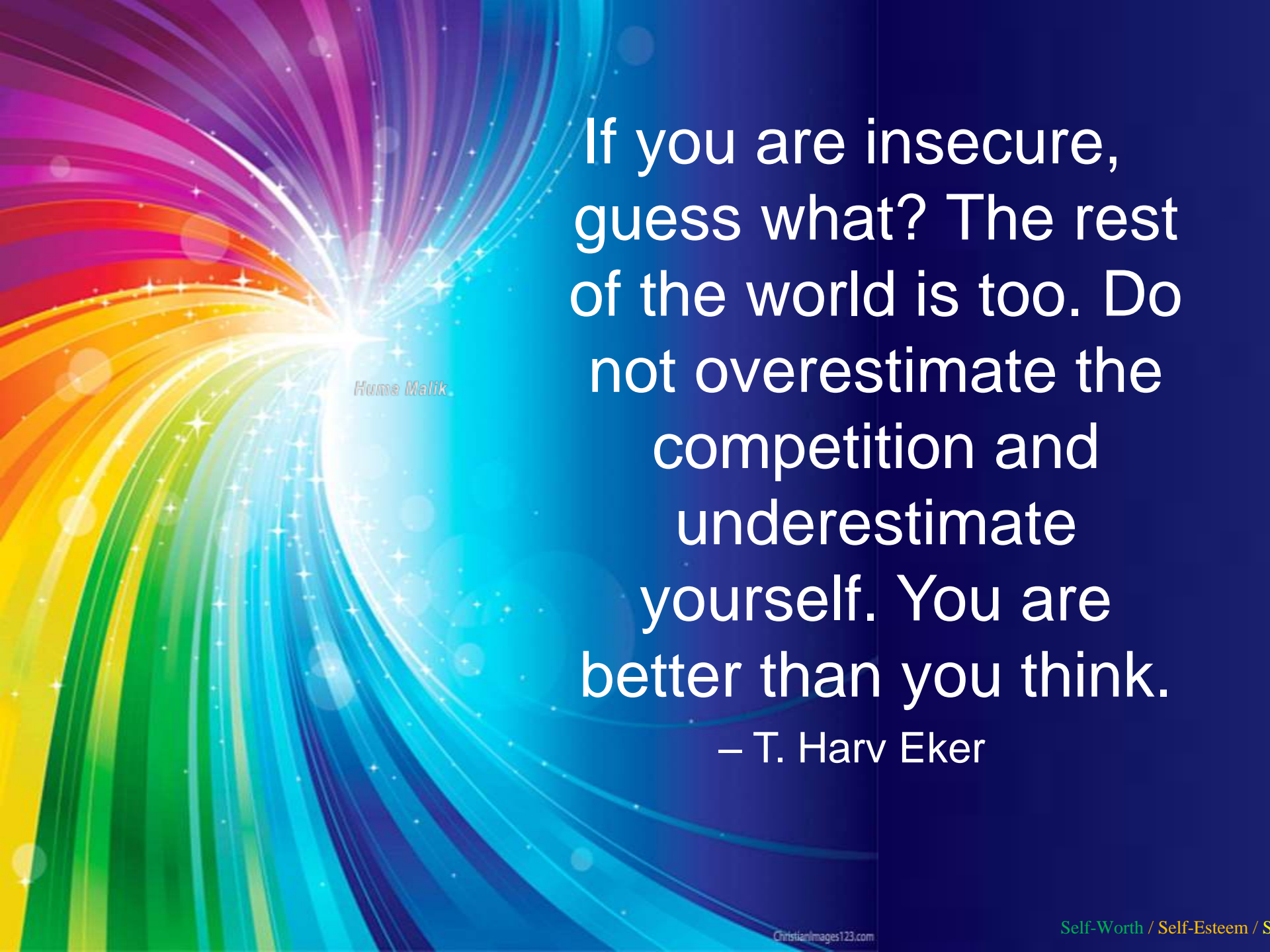
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If only you could sense  
how important you are  
to the lives of those you  
meet; how important  
you can be to people  
you may never even  
dream of. There is  
something of yourself  
that you leave at every  
meeting with another  
person.

– Fred Rogers

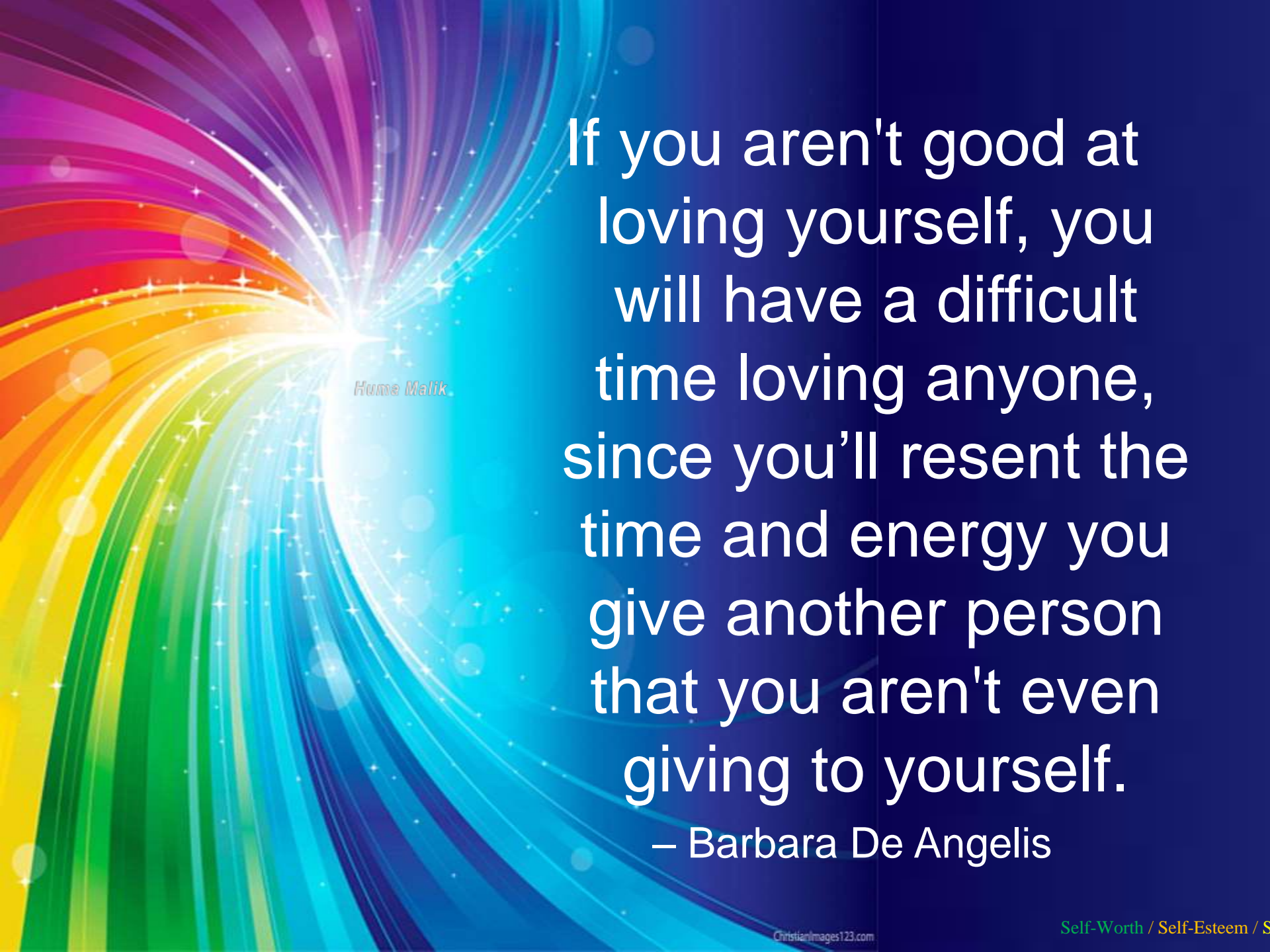
*Hume Malik*



If you are insecure,  
guess what? The rest  
of the world is too. Do  
not overestimate the  
competition and  
underestimate  
yourself. You are  
better than you think.

– T. Harv Eker


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If you aren't good at loving yourself, you will have a difficult time loving anyone, since you'll resent the time and energy you give another person that you aren't even giving to yourself.

– Barbara De Angelis

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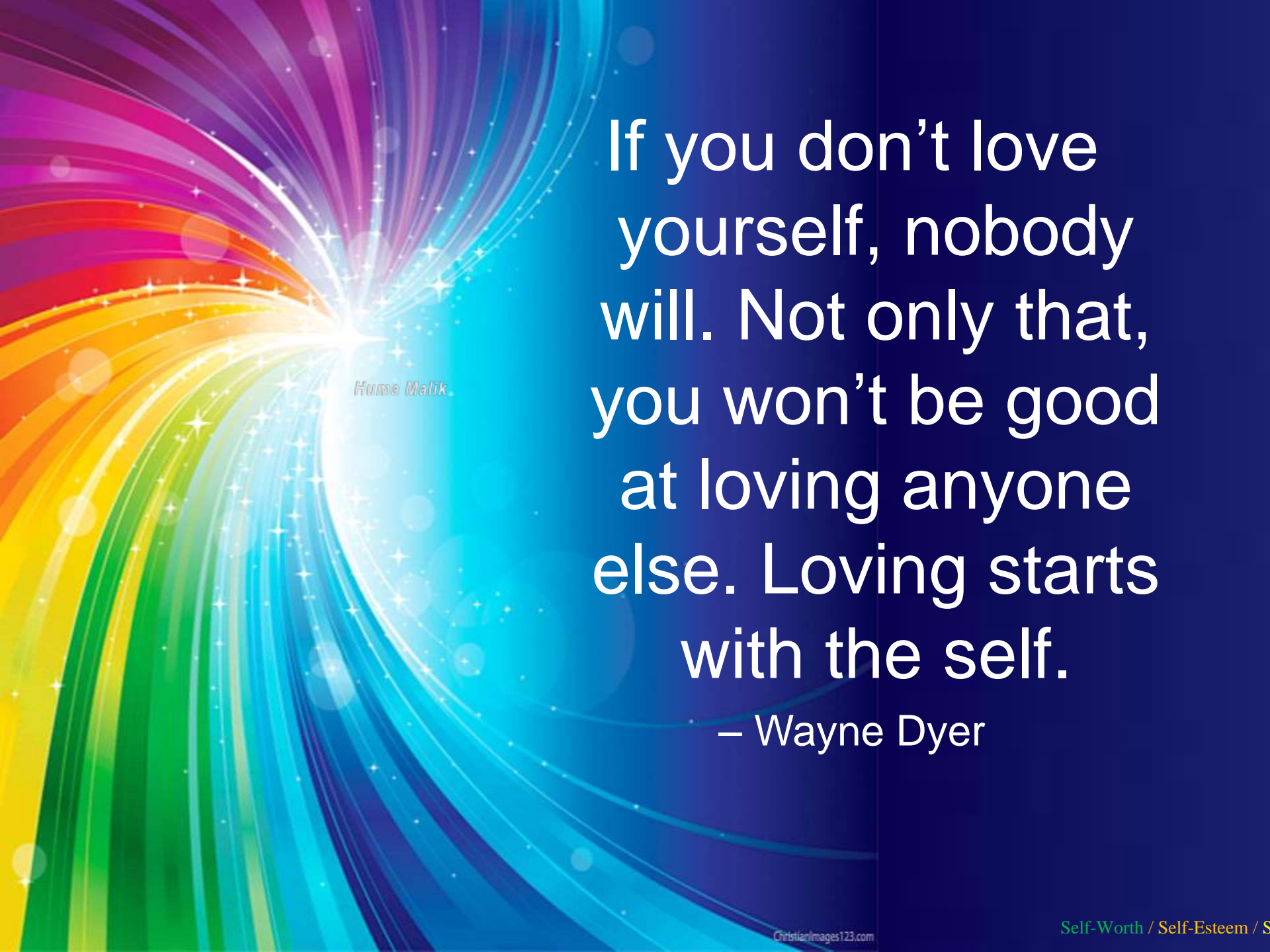


If you do not respect  
your own wishes,  
no one else will.

*Hume Malik*

You will simply  
attract people who  
disrespect you as  
much as you do.

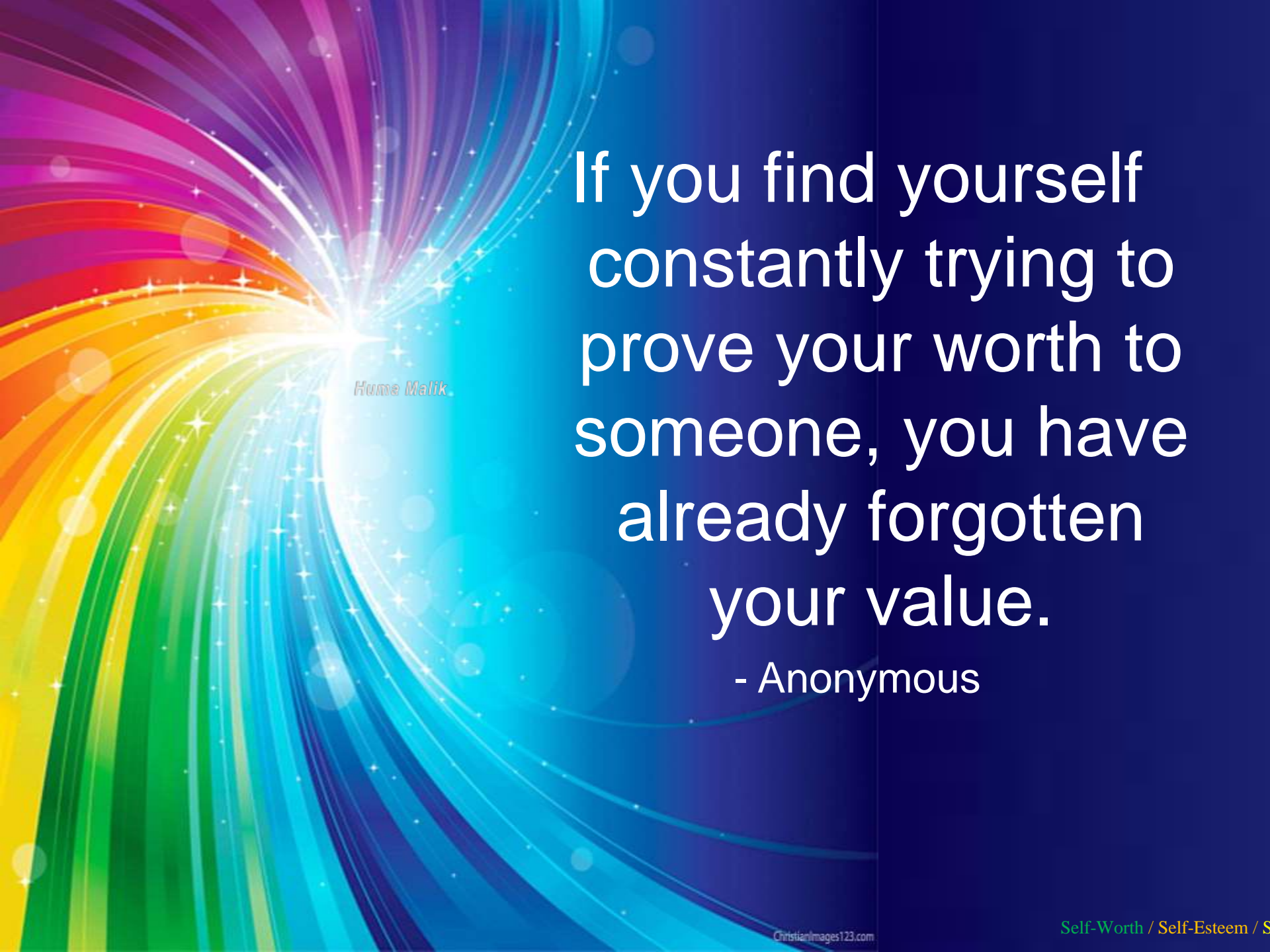
– Vironika Tugaleva



If you don't love  
yourself, nobody  
will. Not only that,  
you won't be good  
at loving anyone  
else. Loving starts  
with the self.

– Wayne Dyer

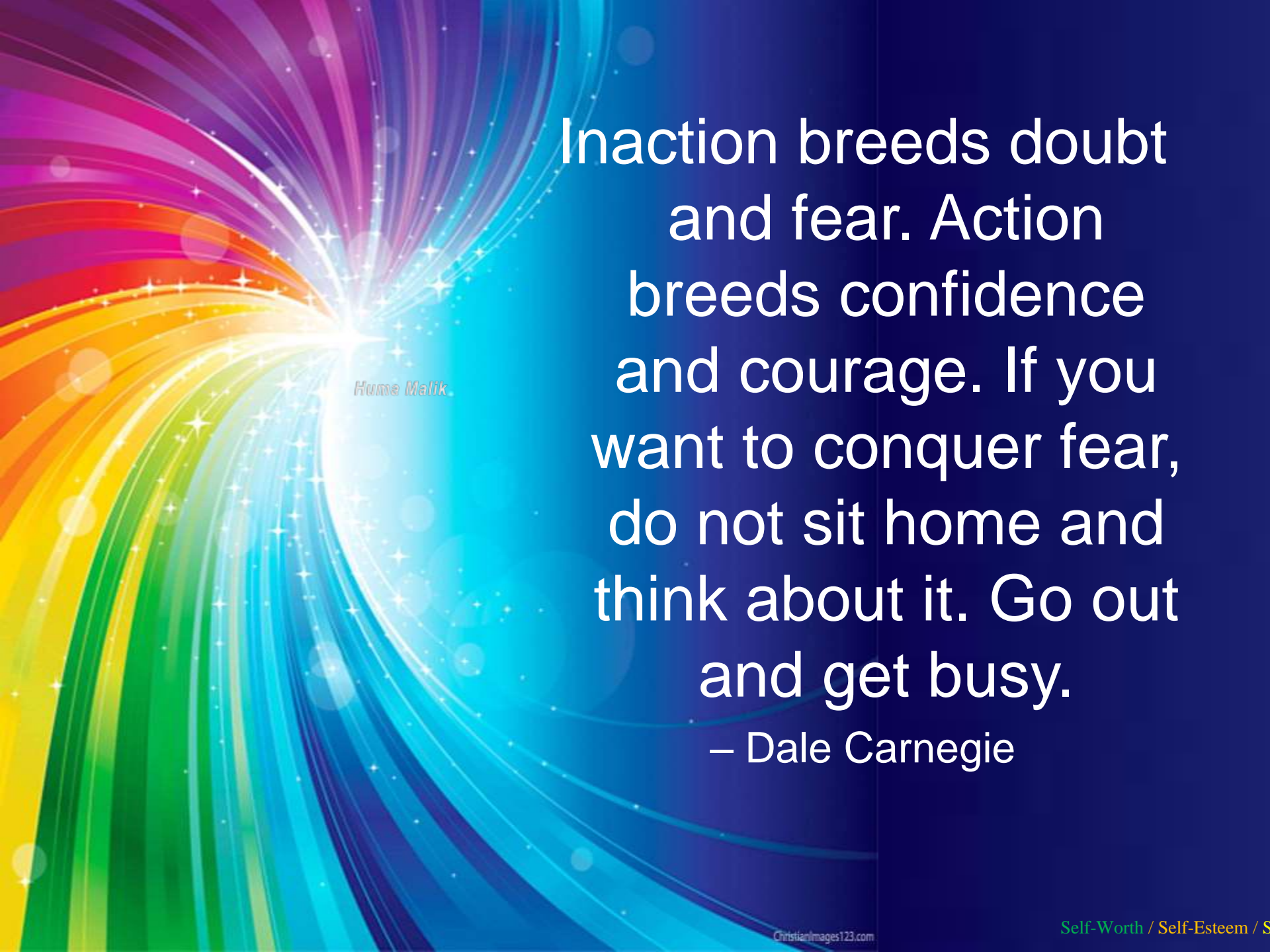
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If you find yourself  
constantly trying to  
prove your worth to  
someone, you have  
already forgotten  
your value.

- Anonymous

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Inaction breeds doubt  
and fear. Action  
breeds confidence  
and courage. If you  
want to conquer fear,  
do not sit home and  
think about it. Go out  
and get busy.

– Dale Carnegie

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It ain't what they call  
you, it's what you  
answer to.

– W.C. Fields



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It is never too late to  
be what you might  
have been.

– George Eliot



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It is not the mountain  
we conquer but  
ourselves.

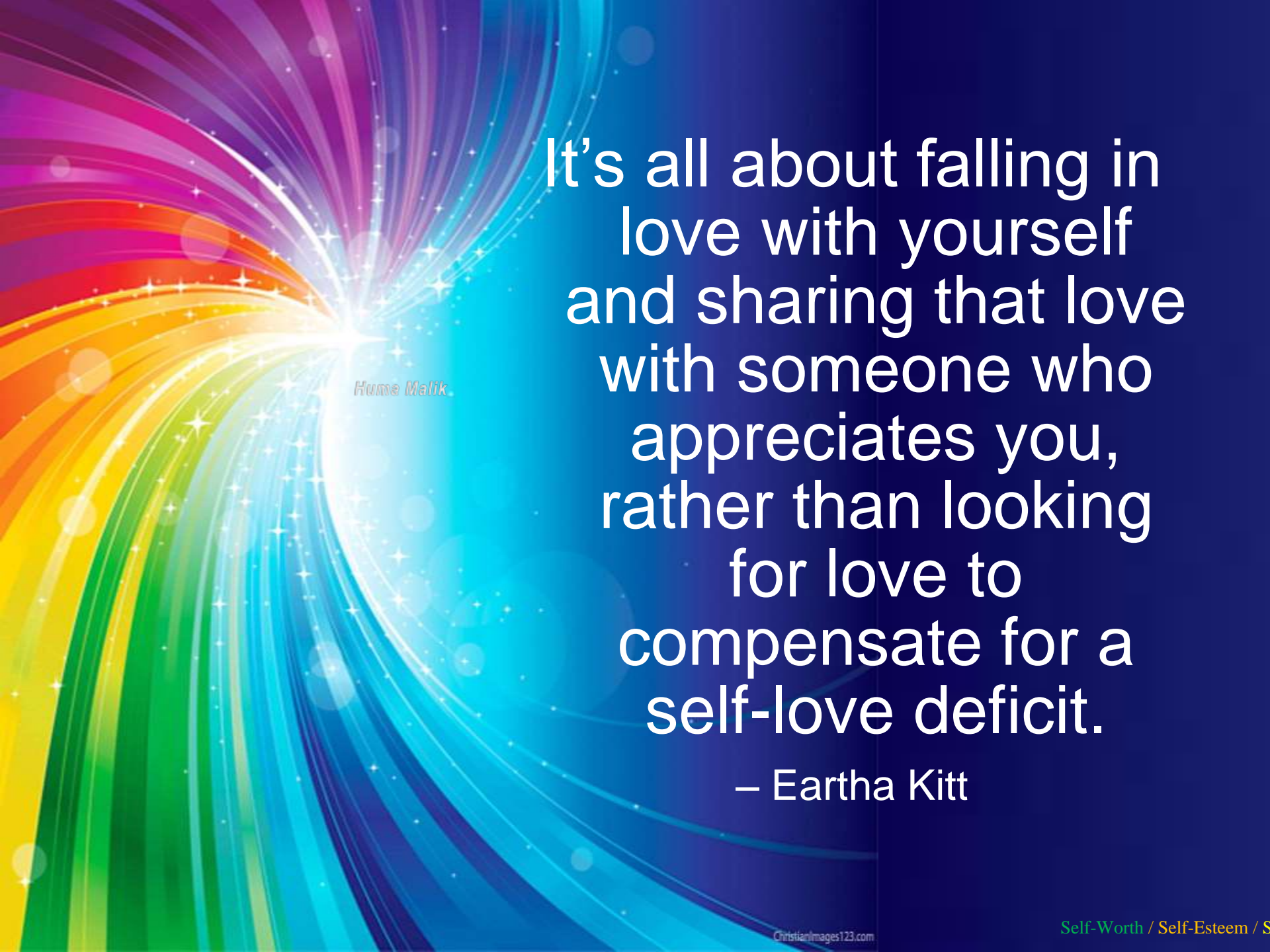
– Sir Edmund Hillary



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It took me a long time  
not to judge myself  
through someone  
else's eyes.

– Sally Field



It's all about falling in  
love with yourself  
and sharing that love  
with someone who  
appreciates you,  
rather than looking  
for love to  
compensate for a  
self-love deficit.

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– Eartha Kitt



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Keeping busy and  
making optimism a  
way of life can  
restore your faith in  
yourself.

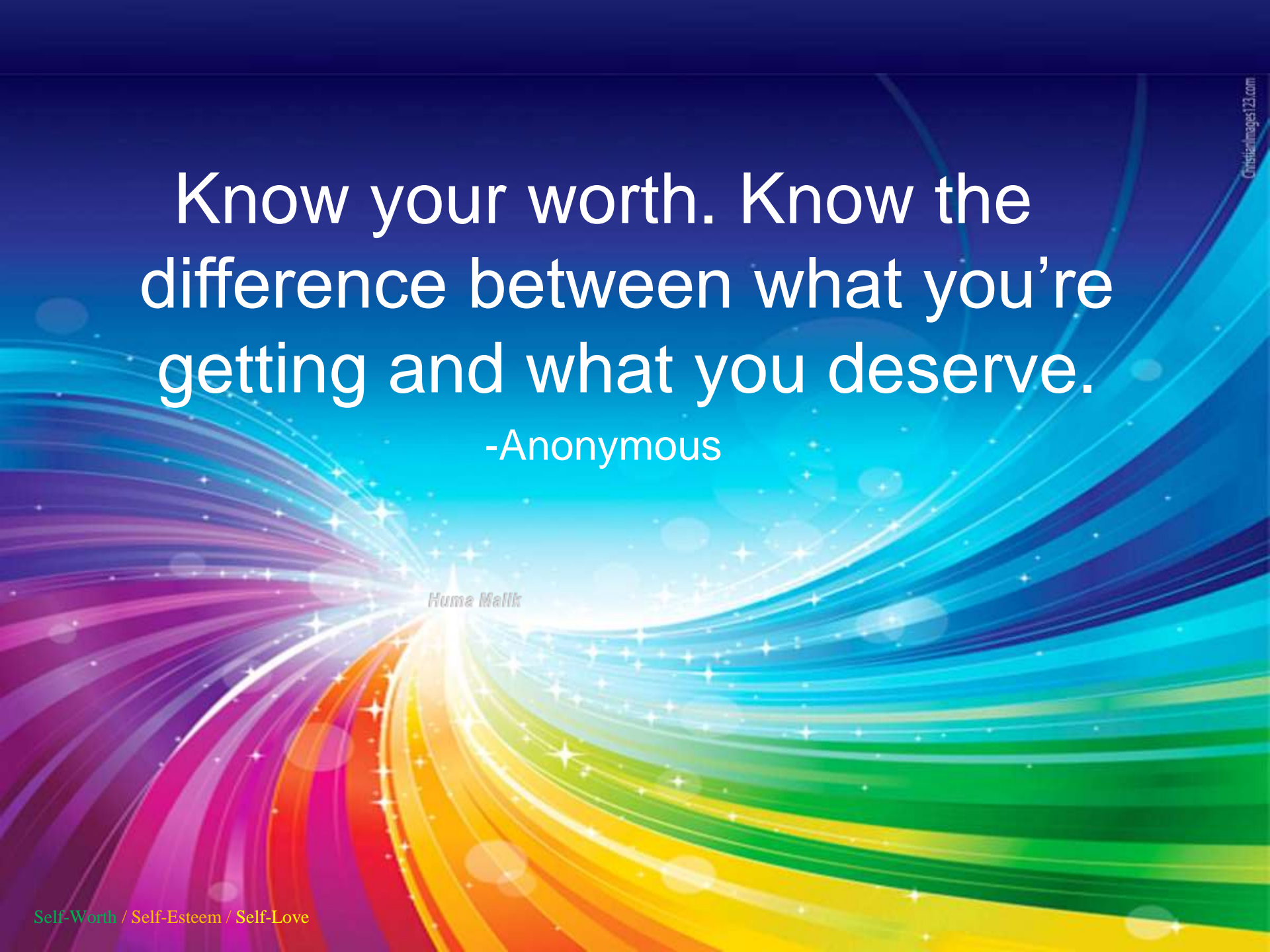
- Lucille Ball



Keeping busy and making  
optimism a way of life can restore  
your faith in yourself.

- Lucille Ball

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Know your worth. Know the  
difference between what you're  
getting and what you deserve.

-Anonymous

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Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained. – Marie Curie

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Lighten up on yourself. No one is  
perfect. Gently accept your  
humanness.

– Deborah Day

*Huma Malik*



Love is the great miracle cure.  
Loving ourselves works miracles in  
our lives.


– Louise Hay

*Huma Malik*

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

*Huma Malik*



Love yourself first and everything  
else falls into line. You really  
have to love yourself to get  
anything done in this world.

– Lucille Ball

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Love yourself. Enough to take the actions required for your happiness. Enough to cut yourself loose from the drama-filled past.

Enough to set a high standard for relationships. Enough to feed your mind and body in a healthy manner. Enough to forgive yourself. Enough to move on. – Steve Maraboli

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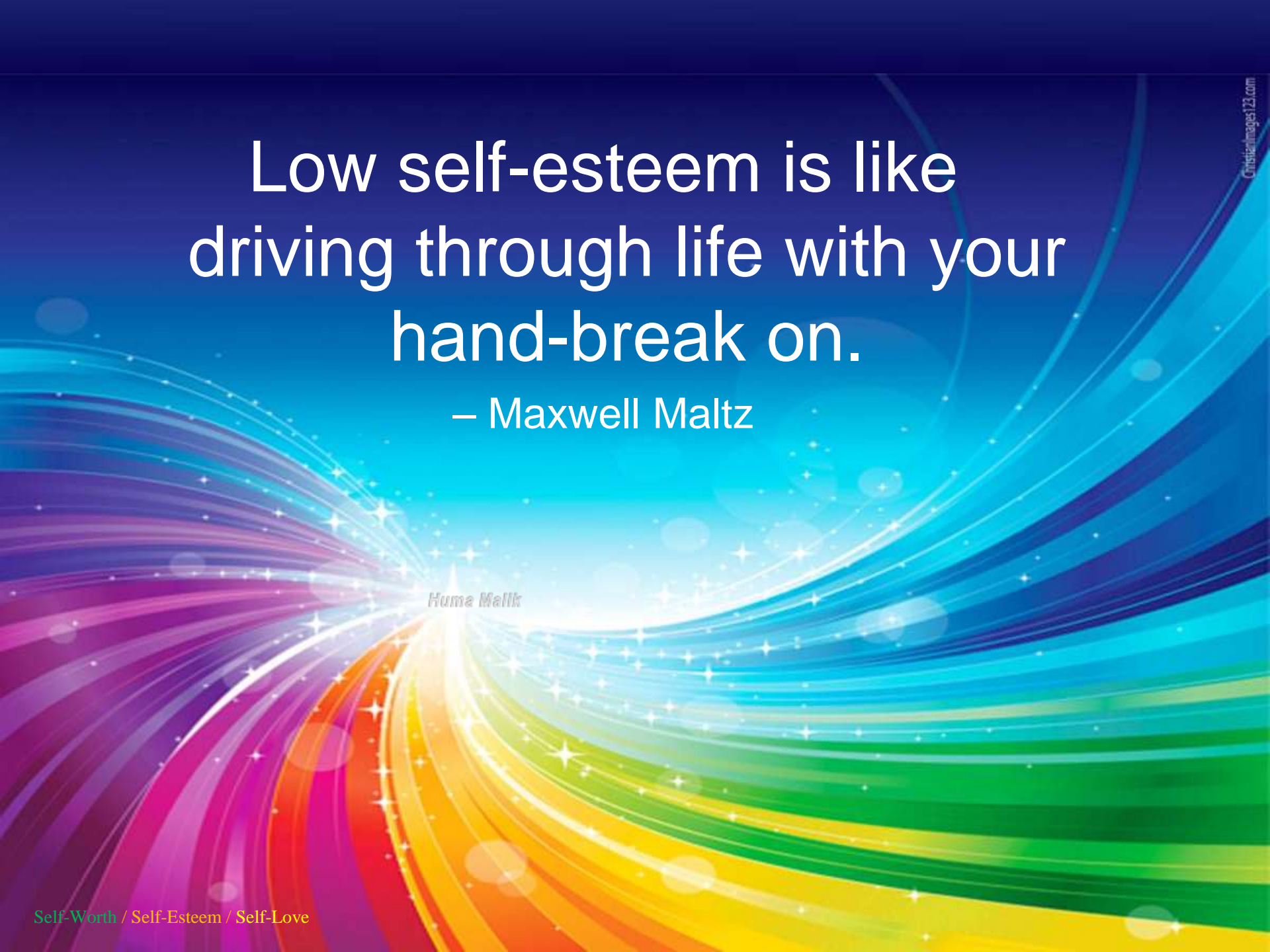
Loving ourselves works  
miracles in our lives.

– L. Hay

*Huma Malik*

Loving yourself starts with liking yourself, which starts with respecting yourself, which starts with thinking of yourself in positive ways. – Jerry Corsten

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Low self-esteem is like  
driving through life with your  
hand-break on.

– Maxwell Maltz

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My best friend is the one who  
brings out the best in me.

– Henry Ford

*Huma Malik*

Never be bullied into silence.  
Never allow yourself to be made  
a victim. Accept no one's  
definition of your life, but define  
yourself. – Harvey Fierstein

*Huma Malik*



Never measure your self-worth by  
what other people think you should  
have become.

-Anonymous

*Huma Malik*

Nobody holds a good opinion of a  
man who holds a low opinion of  
himself.

— Anthony Trollope

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Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

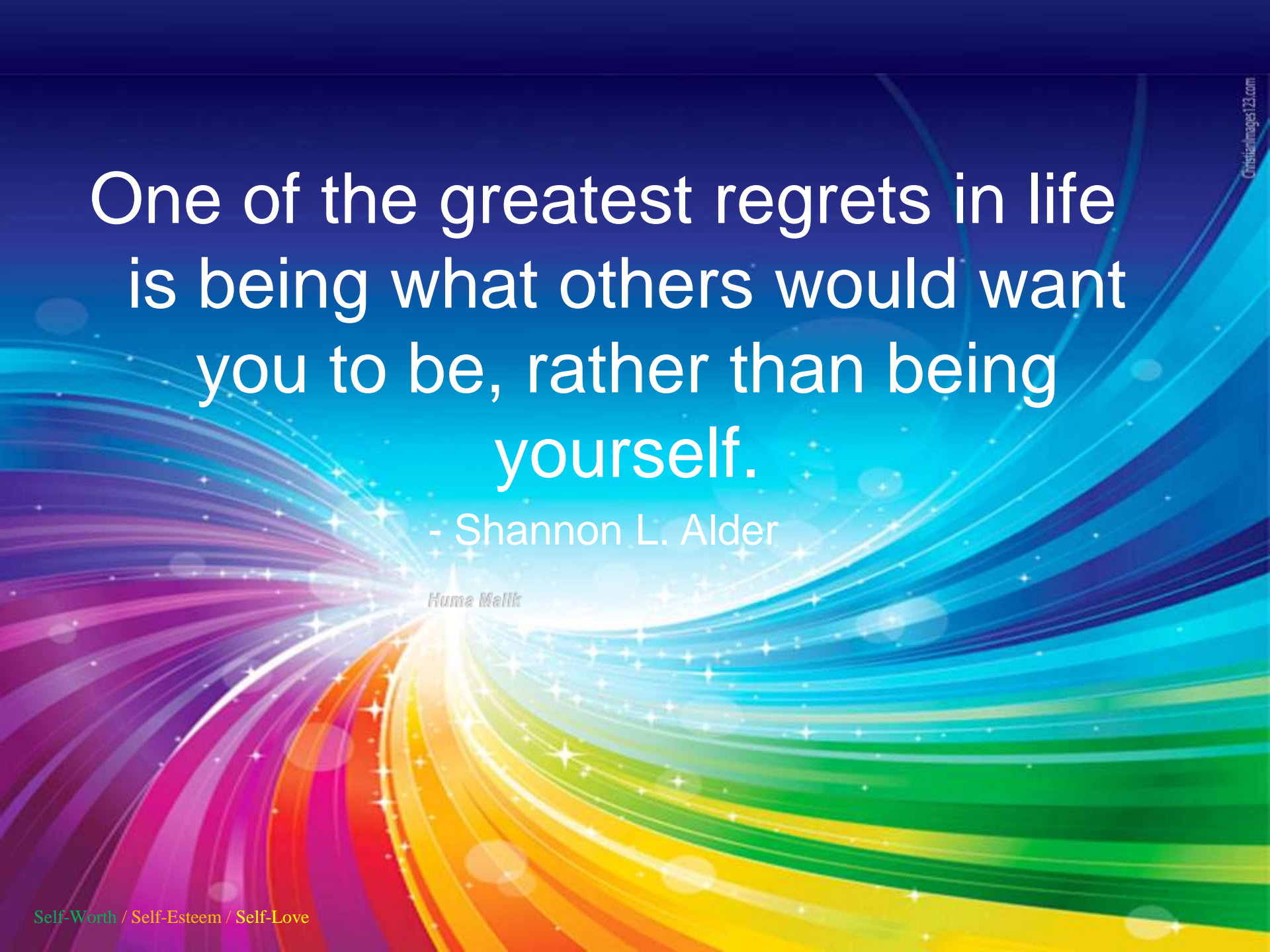
– Thomas Jefferson

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Once you embrace your value, talents  
and strengths, it neutralizes when  
others think less of you.

– Rob Liano

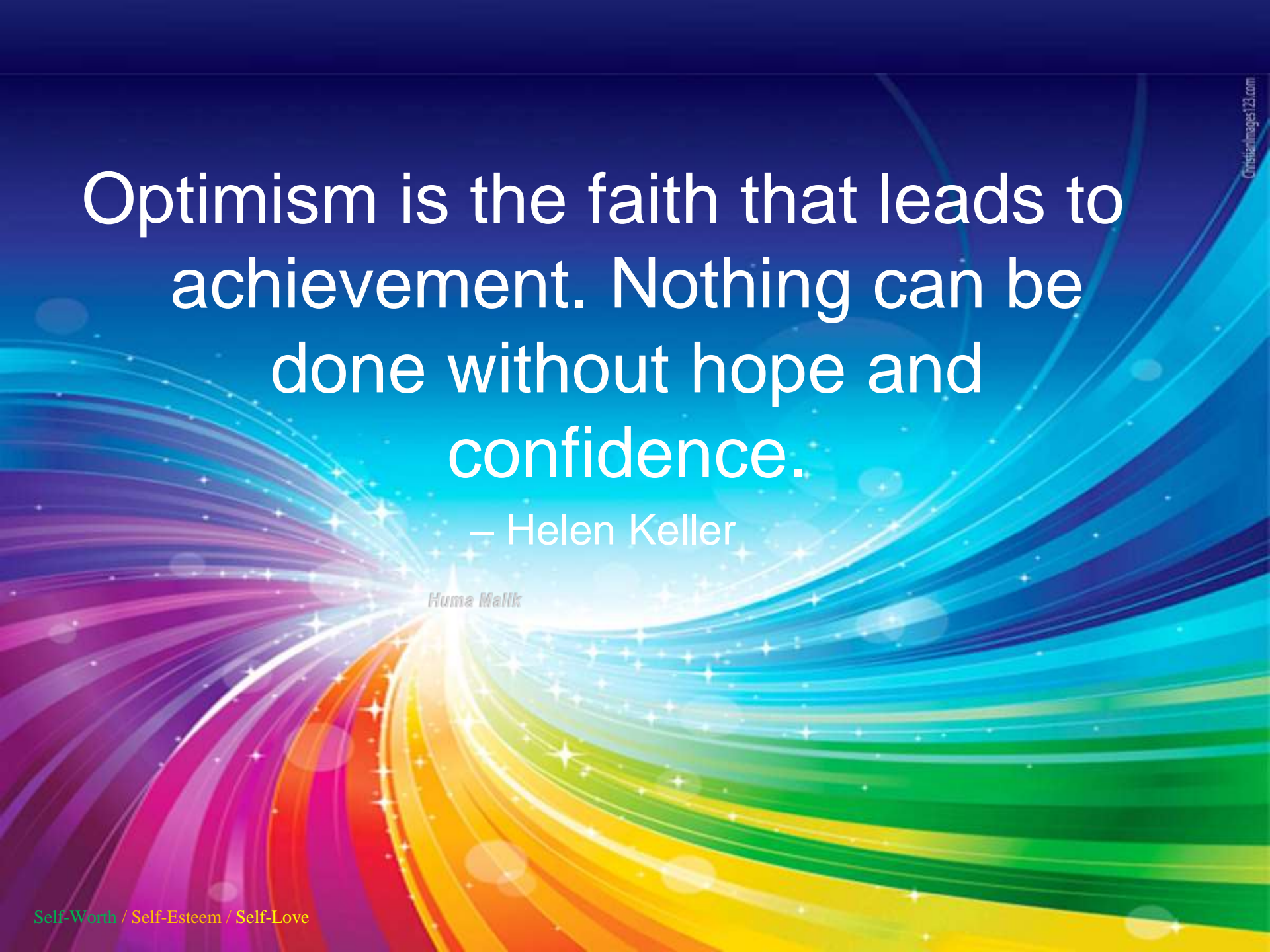
*Huma Malik*



One of the greatest regrets in life  
is being what others would want  
you to be, rather than being  
yourself.

- Shannon L. Alder

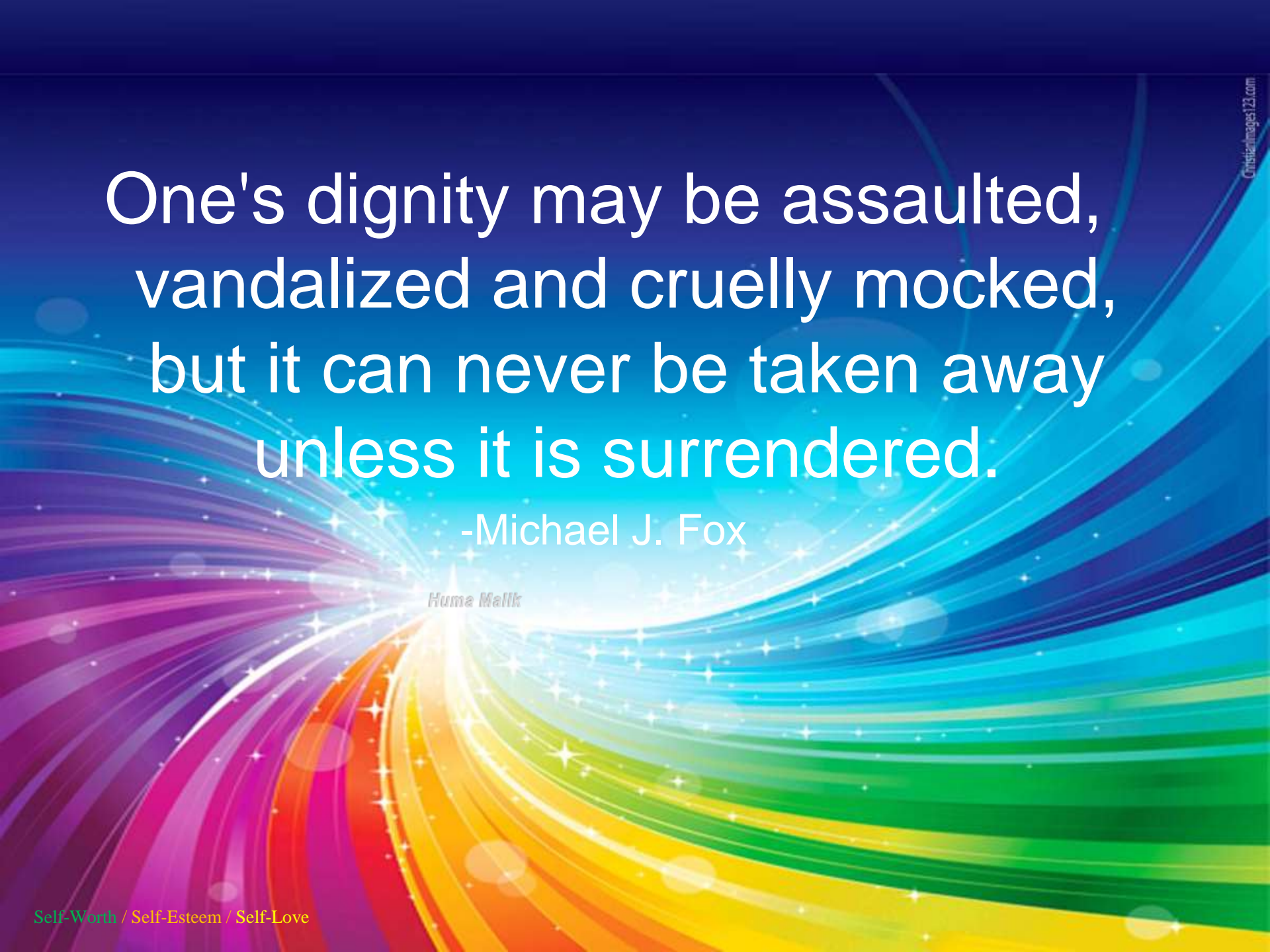
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Optimism is the faith that leads to  
achievement. Nothing can be  
done without hope and  
confidence.

– Helen Keller

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One's dignity may be assaulted,  
vandalized and cruelly mocked,  
but it can never be taken away  
unless it is surrendered.

-Michael J. Fox

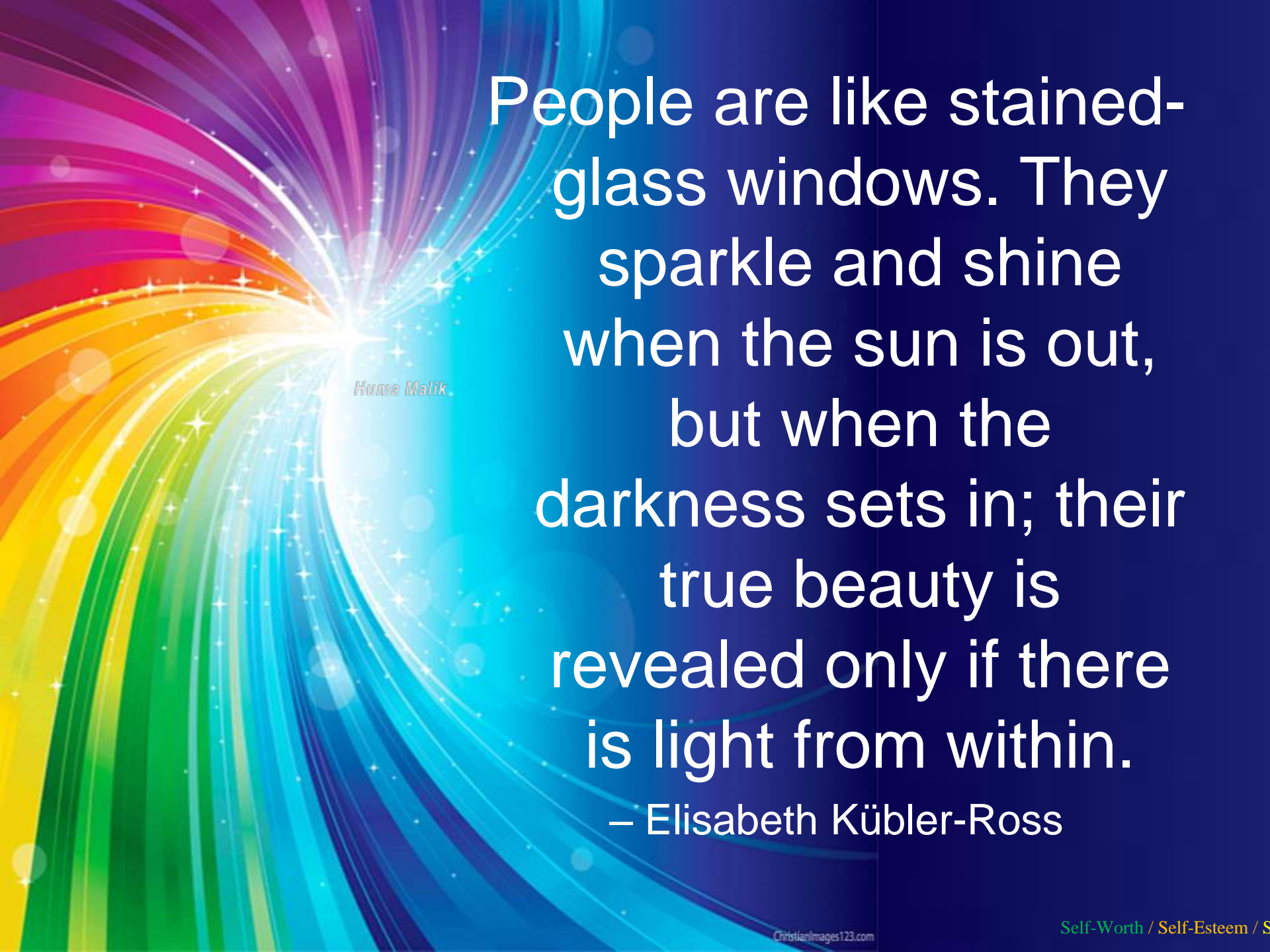
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Our self-respect  
tracks our choices.  
Every time we act in  
harmony with our  
authentic self and  
our heart, we earn  
our respect. It is  
that simple. Every  
choice matters.

– Dan Coppersmith


*Hume Malik*



People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in; their true beauty is revealed only if there is light from within.

– Elisabeth Kübler-Ross


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People learn how to  
treat you based on  
what you accept  
from them.

- Anonymous

*Hume Malik*



People may flatter  
themselves just as much  
by thinking that their  
faults are always present  
to other people's minds,  
as if they believe that the  
world is always  
contemplating their  
individual charms and  
virtues.

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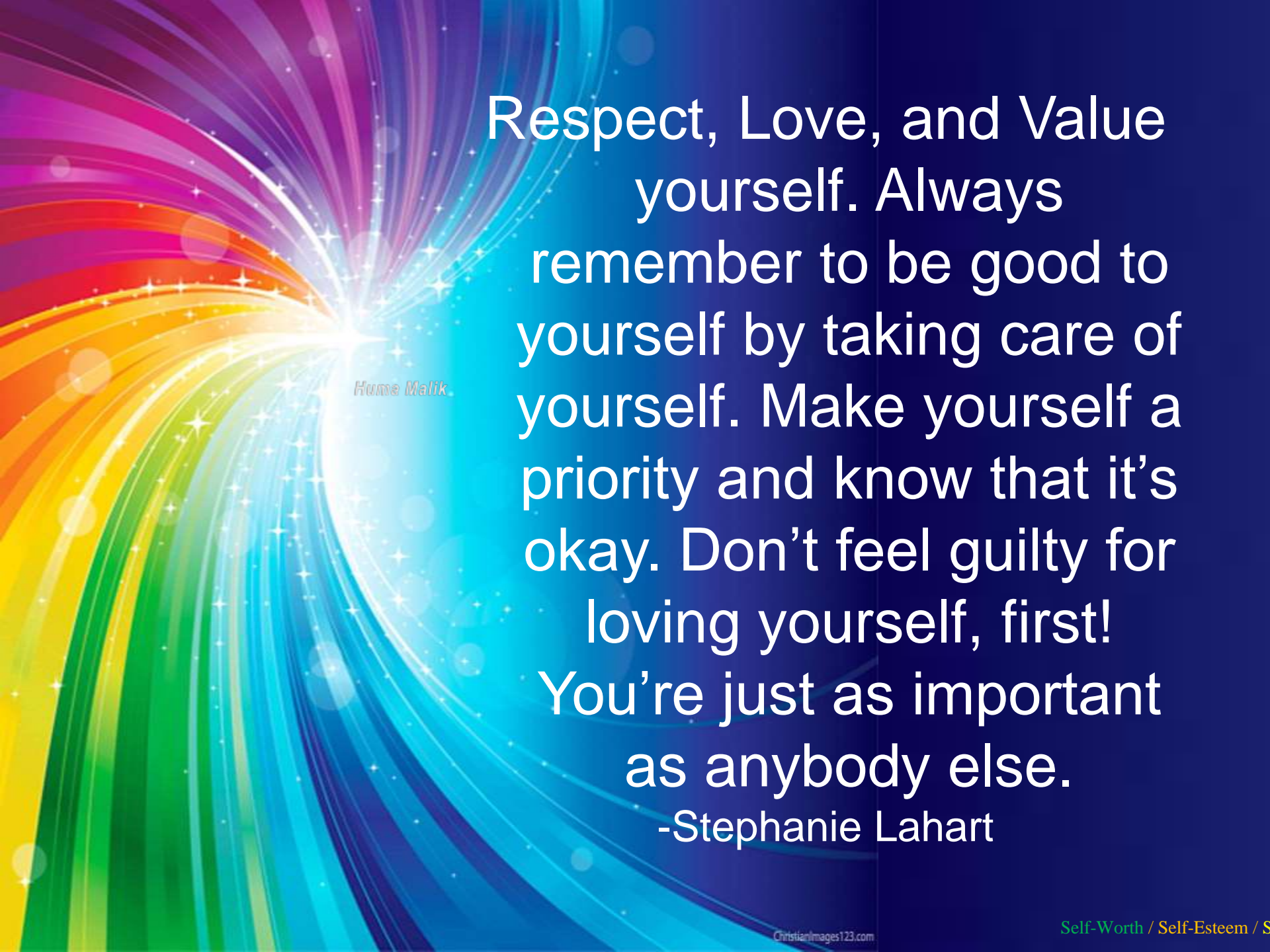
– Elizabeth Gaskell



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Remember always that  
you not only have the  
right to be an individual,  
you have an obligation  
to be one.

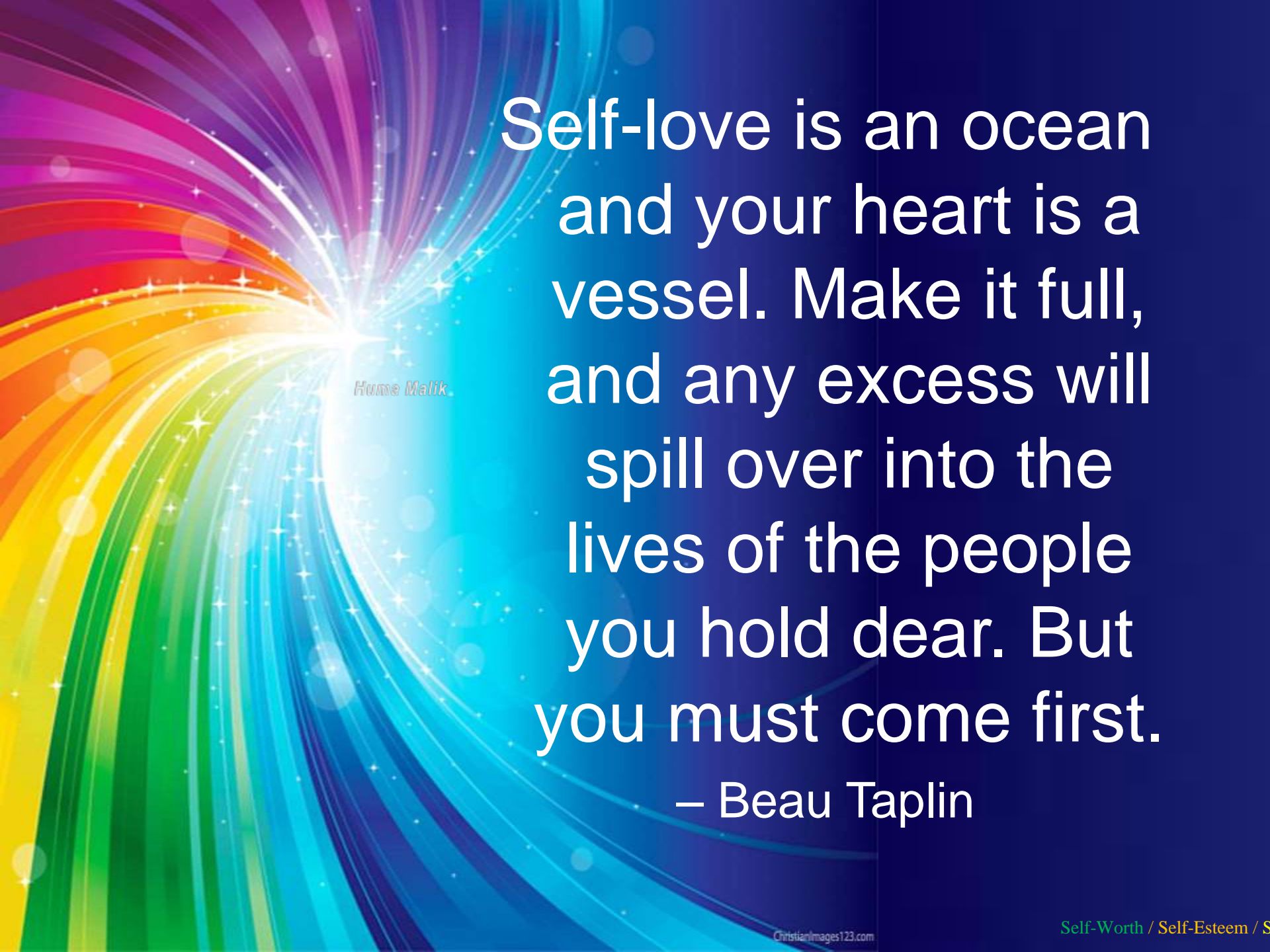
– Eleanor Roosevelt



Respect, Love, and Value  
yourself. Always  
remember to be good to  
yourself by taking care of  
yourself. Make yourself a  
priority and know that it's  
okay. Don't feel guilty for  
loving yourself, first!  
You're just as important  
as anybody else.

-Stephanie Lahart

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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

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Self-pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world making the most of one's best.

— Harry Emerson Fosdick

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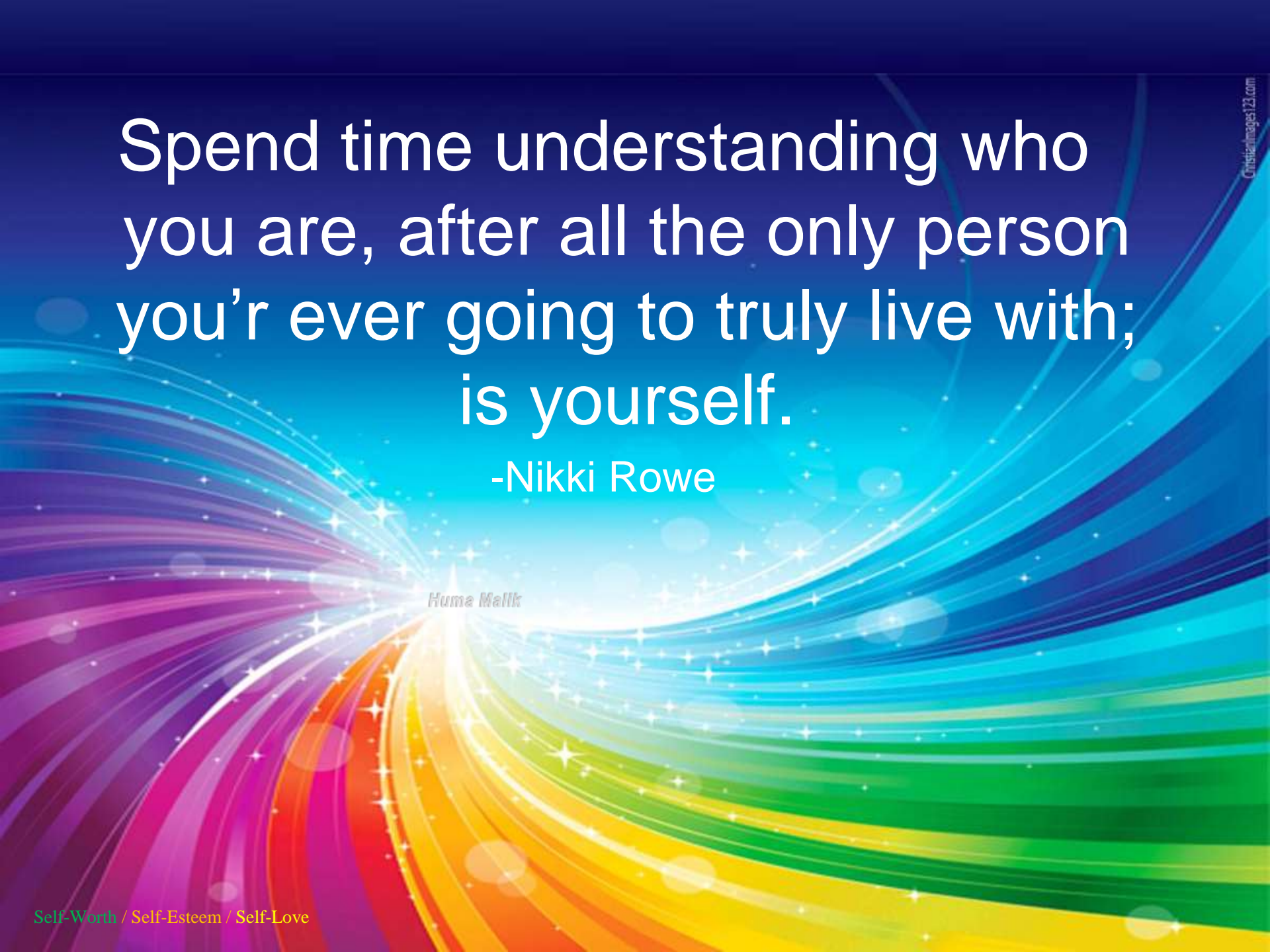
Self-worth is so vital to your happiness if you don't feel good about you, it's hard to feel good about anything else.

-Sandy Hale

*Huma Malik*

Sometimes the noise of life can be just too much. If you need to escape, love yourself enough to know when you need a real time **Out.** -Karen A. Baquiran

*Huma Malik*



Spend time understanding who  
you are, after all the only person  
you'r ever going to truly live with;  
is yourself.

-Nikki Rowe

*Huma Malik*

Stay true to yourself.  
An original is worth  
more than a copy.

-Suzy Kassem

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Successful people have fear,  
successful people have doubts,  
and successful people have  
worries. They just don't let these  
feelings stop them.

–T. Harv Eker

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The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours – it is an amazing journey – and you alone are responsible for the quality of it. This is the day your life really begins. – Bob Moawad

*Huma Malik*



The better you feel about  
yourself, the less you feel the  
need to show off.

– Robert Hand

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The deepest principle in human nature is the craving to be appreciated.

– William James

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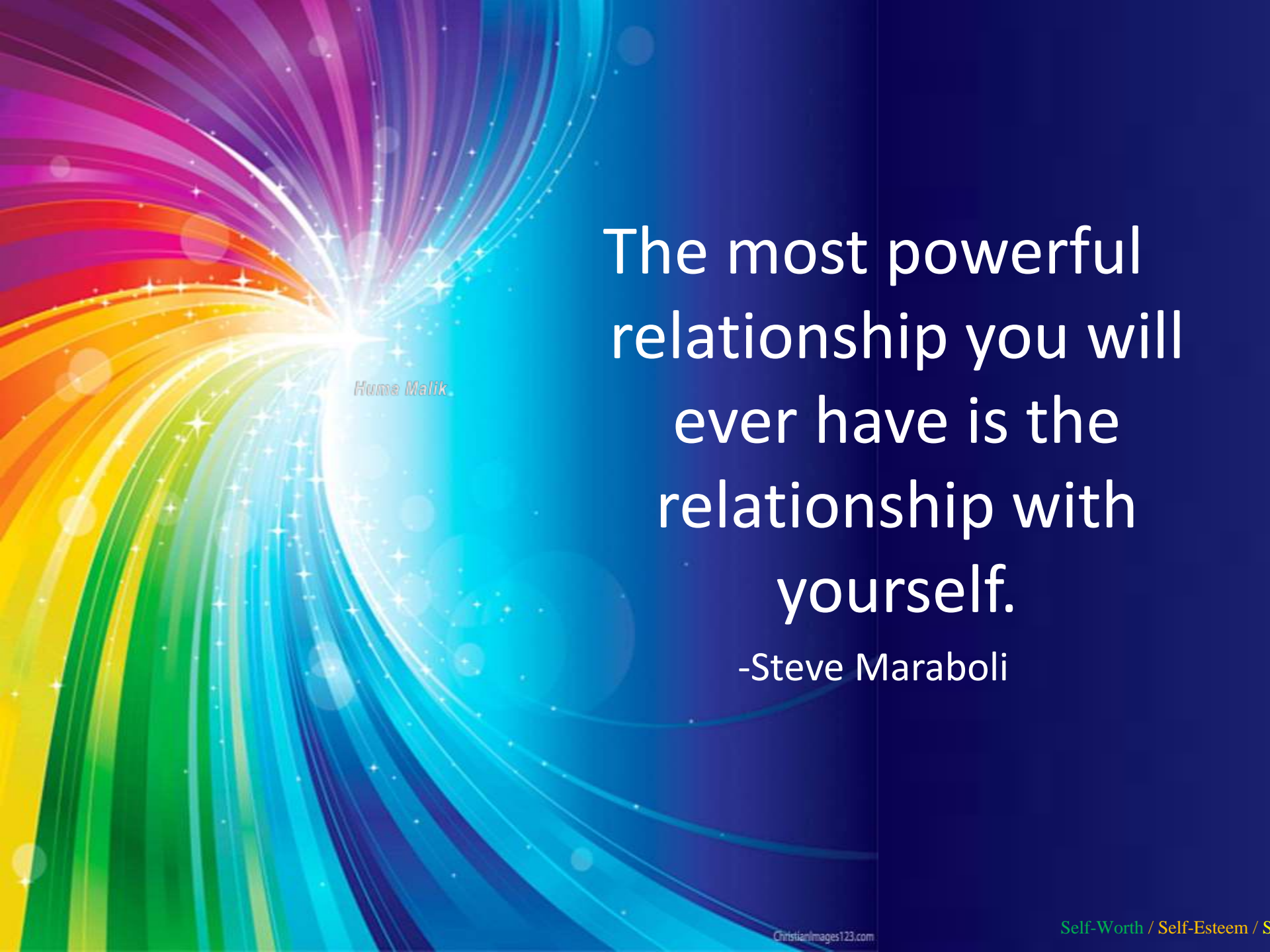
The greatest thing  
in the world is to  
know how to  
belong to oneself.  
-Michel de Montaigne



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The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassions, gentleness, and a deep loving concern. Beautiful people do not just happen.


– Elizabeth Kubler-Ross



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The most powerful  
relationship you will  
ever have is the  
relationship with  
yourself.


-Steve Maraboli



The real difficulty is  
to overcome how  
you think about  
yourself.

– Maya Angelou


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The reward for  
conformity is that  
everyone likes you  
but yourself.

- Rita Mae Brown

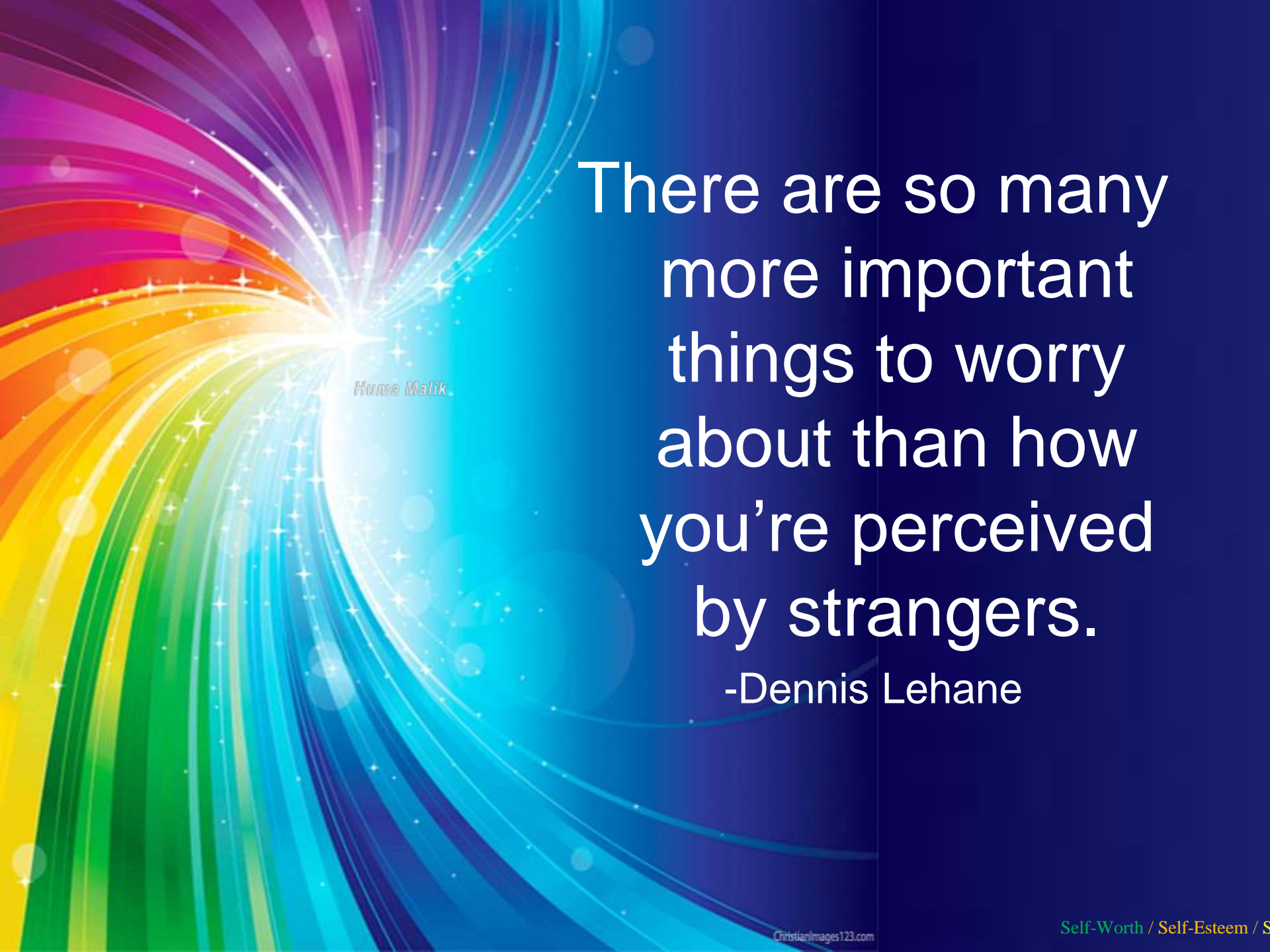
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The worst  
loneliness is to not  
be comfortable  
with yourself.

– Mark Twain

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There are so many  
more important  
things to worry  
about than how  
you're perceived  
by strangers.

-Dennis Lehane

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*Hume Malik*

There is nothing  
noble in being  
superior to your  
fellow man; true  
nobility is being  
superior to your  
former self.


-Ernest Hemingway



To accept ourselves  
as we are means  
to value our  
imperfections as  
much as our  
perfections.

– Sandra Bierig

*Hume Malik*



To be beautiful  
means to be  
yourself. You don't  
need to be  
accepted by others.  
You need to accept  
yourself.

- Tich Nhat Hanh

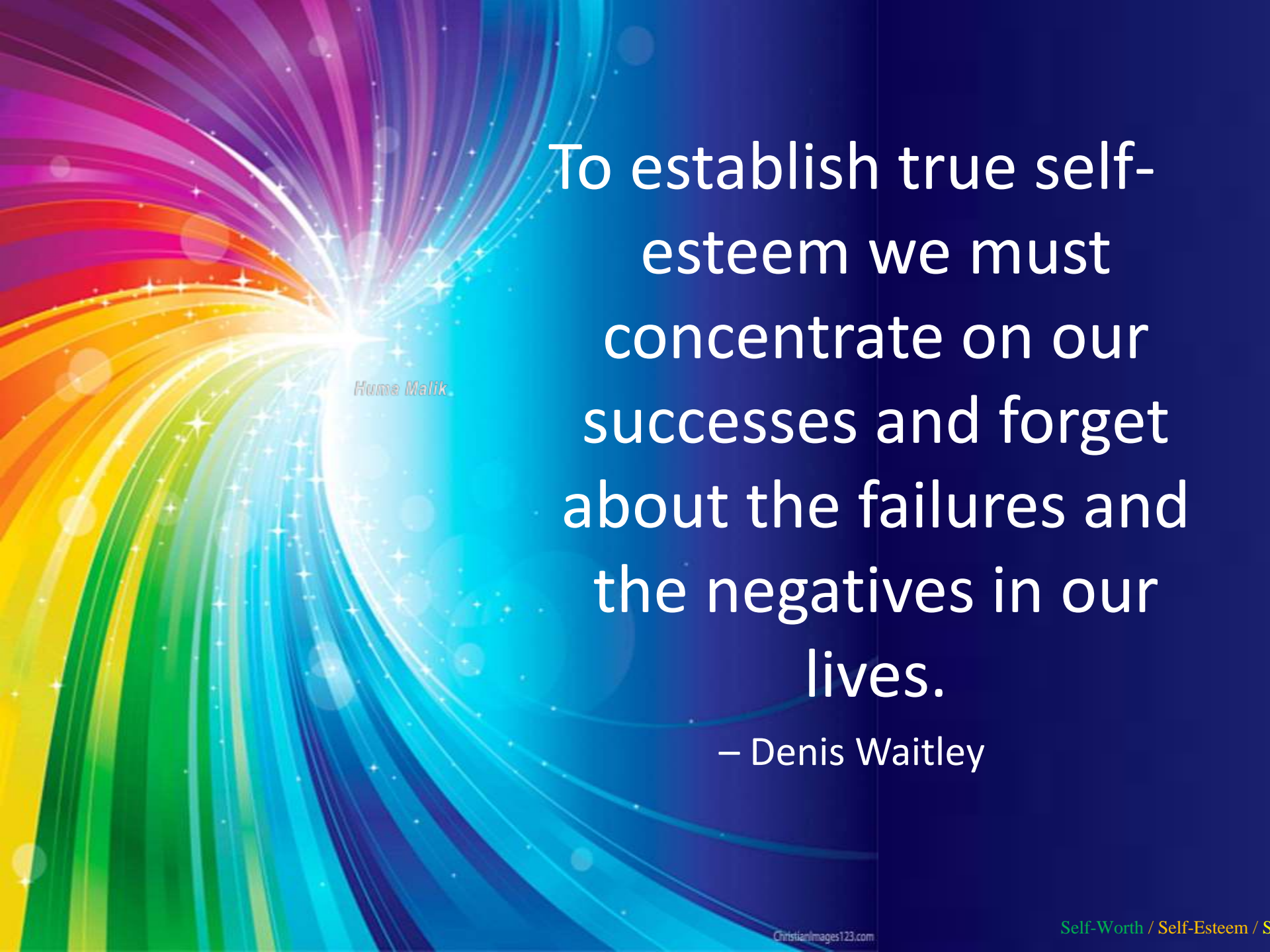
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To double your net worth, double your self-worth. Because you will never exceed the height of your self-image.

- Robin Sharma



To establish true self-esteem we must concentrate on our successes and forget about the failures and the negatives in our lives.

– Denis Waitley

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To love oneself is the  
beginning of a life-long  
romance.

– Oscar Wilde

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To love yourself right now, just as  
you are, is to give yourself  
heaven. Don't wait until you die.  
If you wait, you die now. If you  
love, you live now. - Alan Cohen

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Too many people overvalue  
what they are not and  
undervalue what they are.

– Malcolm S. Forbes

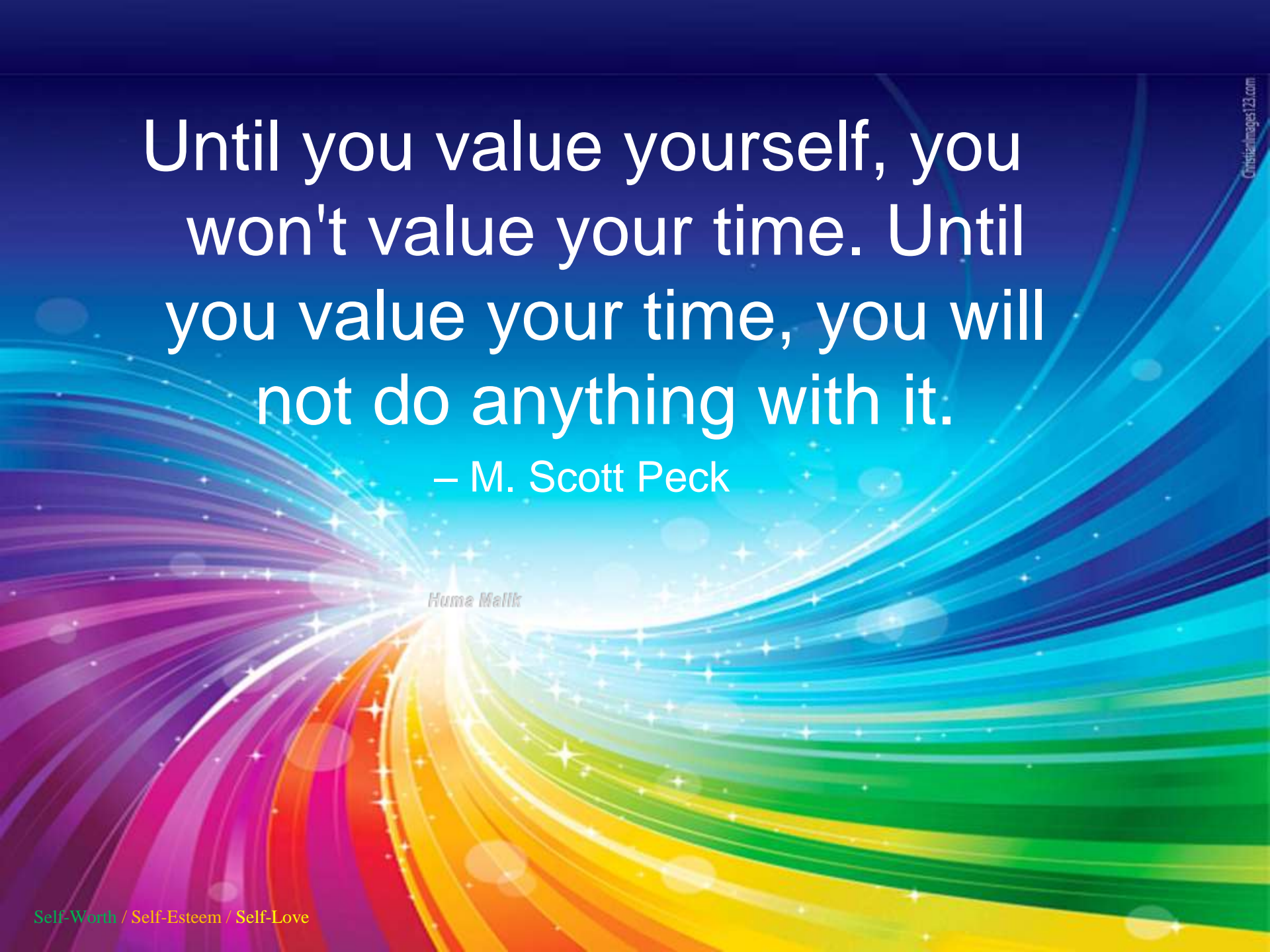
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Trust yourself. You know more  
than you think you do.

– Benjamin Spock


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Until you value yourself, you  
won't value your time. Until  
you value your time, you will  
not do anything with it.

– M. Scott Peck

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We are each gifted in a  
unique and important  
way. It is our privilege and  
our adventure to discover  
our own special light.

— Mary Dunbar

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Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow it to an end requires courage. – Ralph Waldo Emerson

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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

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When you stop living your life based on what others think of you real life begins. At that moment, you will finally see the door of self-acceptance opened.

– Shannon L. Alder

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Who looks outside, dreams;  
who looks inside, awakes.

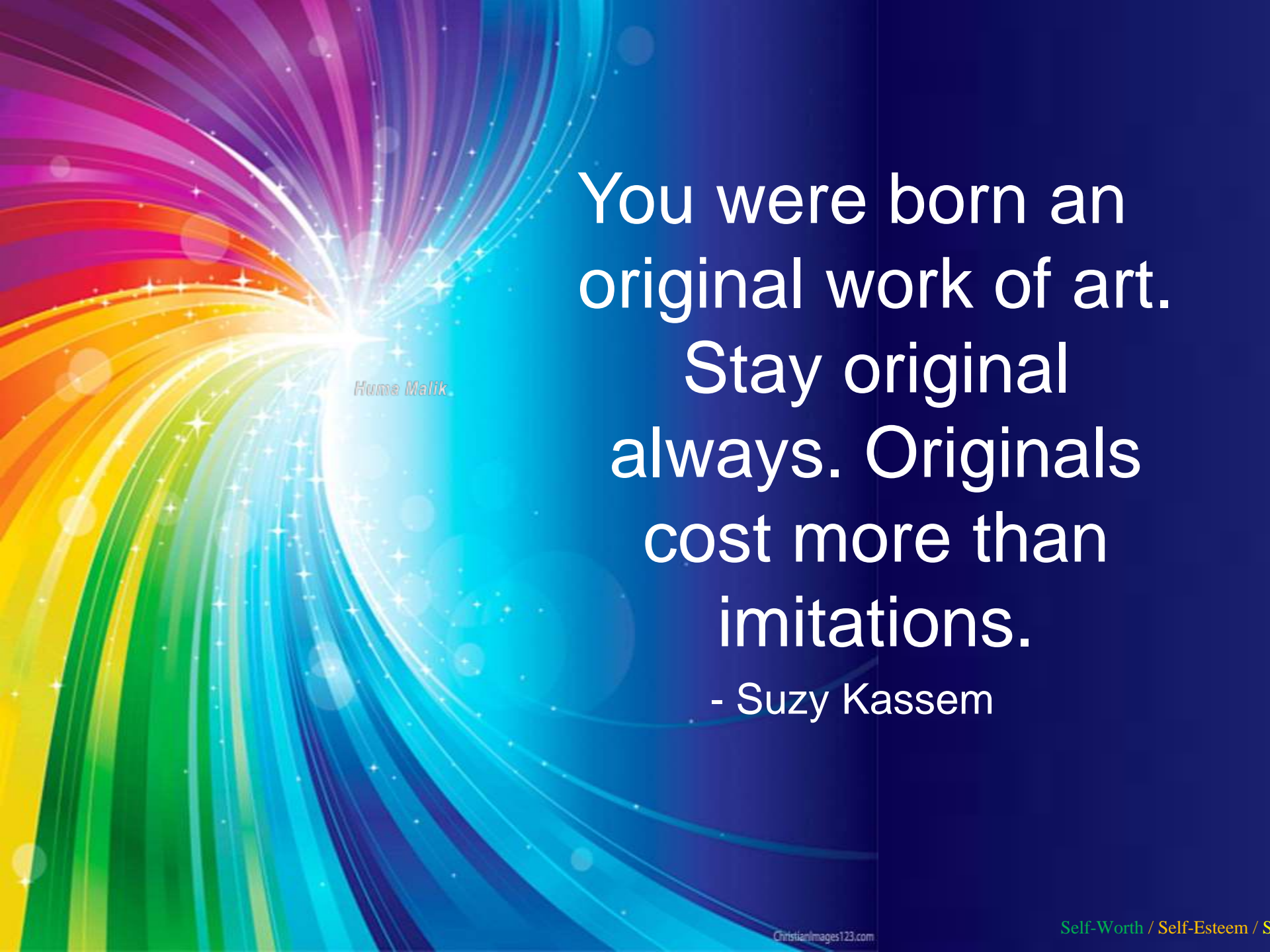
– Carl Gustav Jung

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You are very powerful,  
provided you know how  
powerful you are.

– Yogi Bhajan

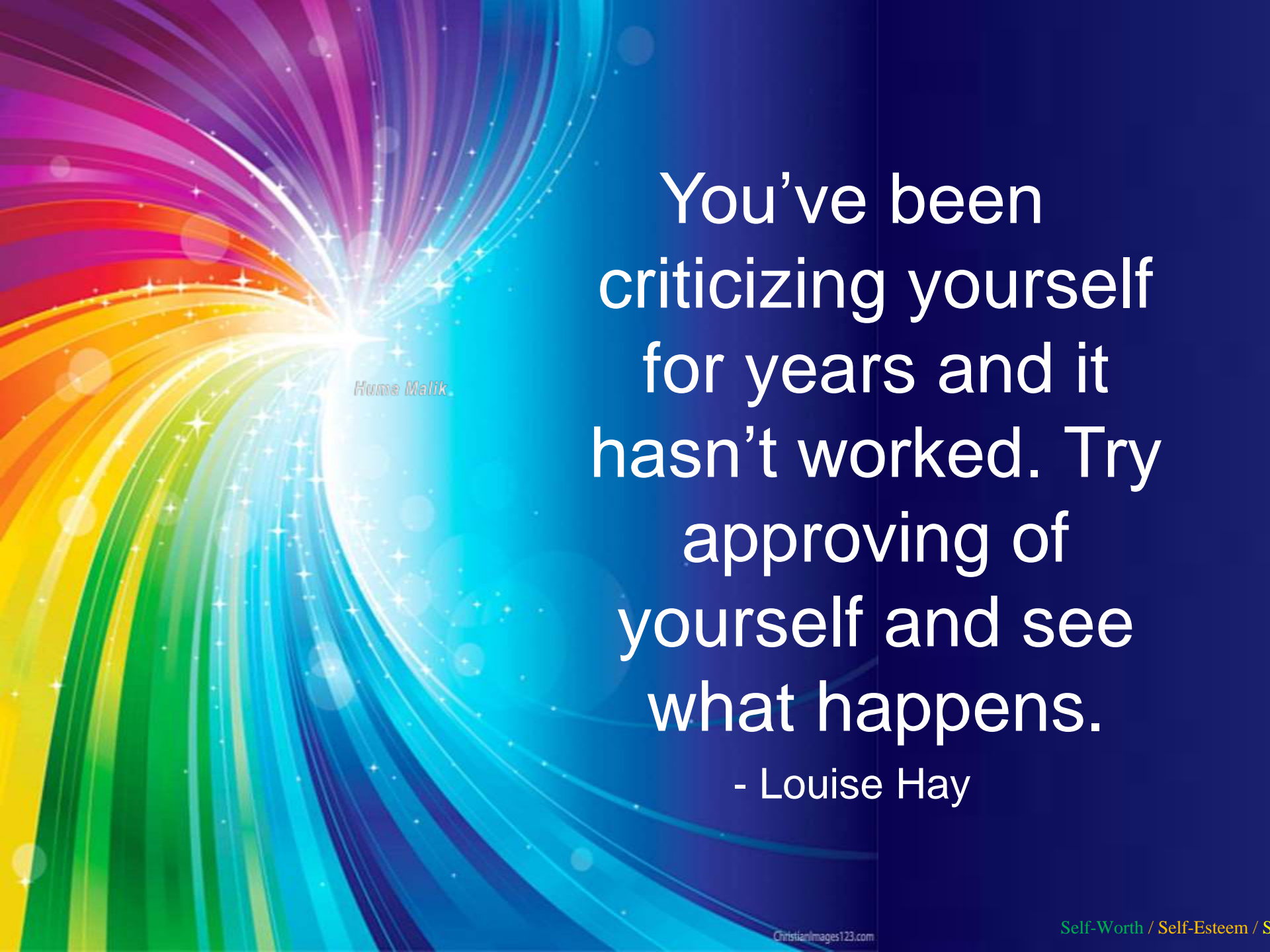
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You were born an  
original work of art.  
Stay original  
always. Originals  
cost more than  
imitations.

- Suzy Kassem

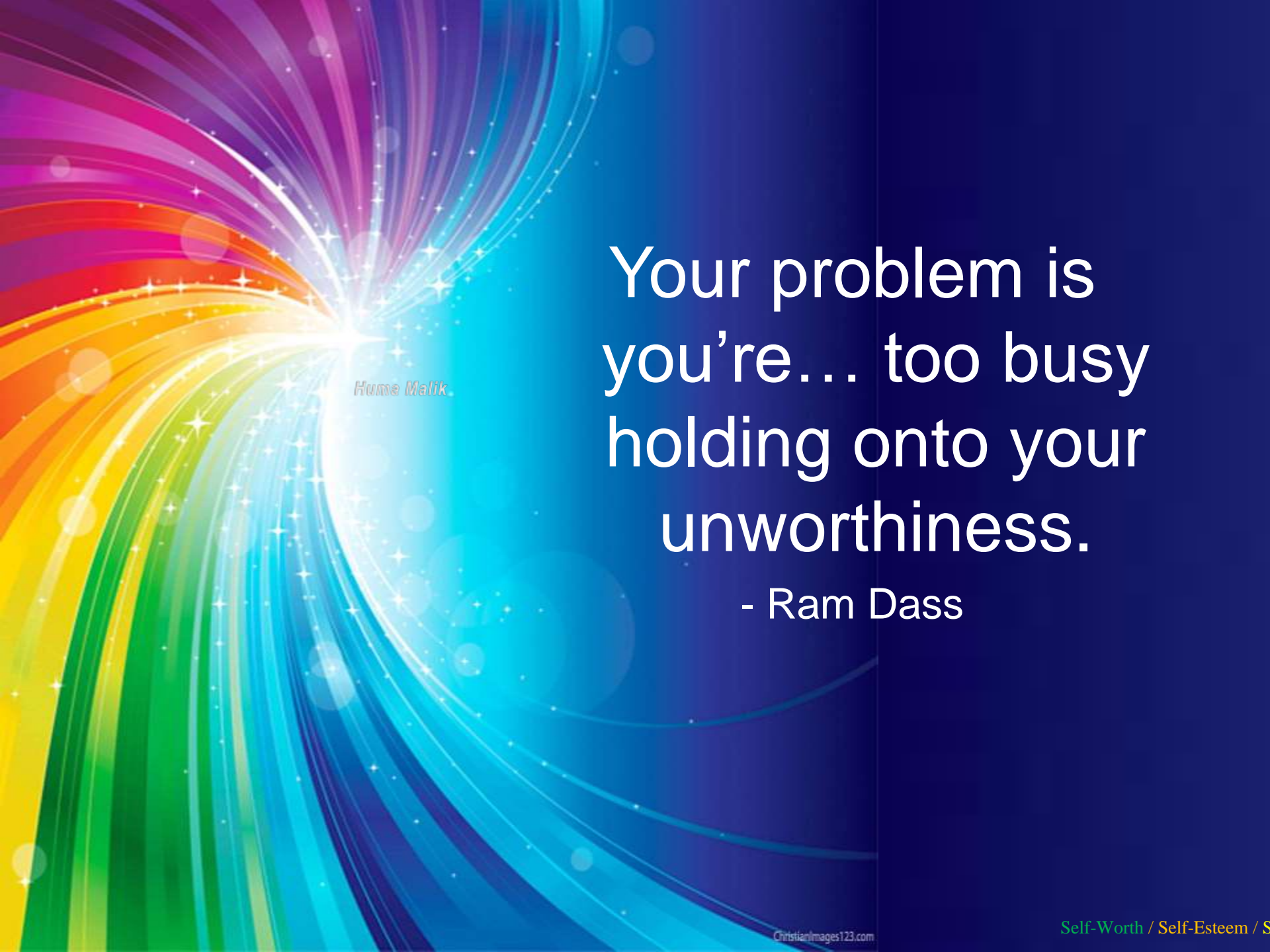
*Hume Malik*



You've been  
criticizing yourself  
for years and it  
hasn't worked. Try  
approving of  
yourself and see  
what happens.

- Louise Hay

*Hume Malik*



Your problem is  
you're... too busy  
holding onto your  
unworthiness.

- Ram Dass

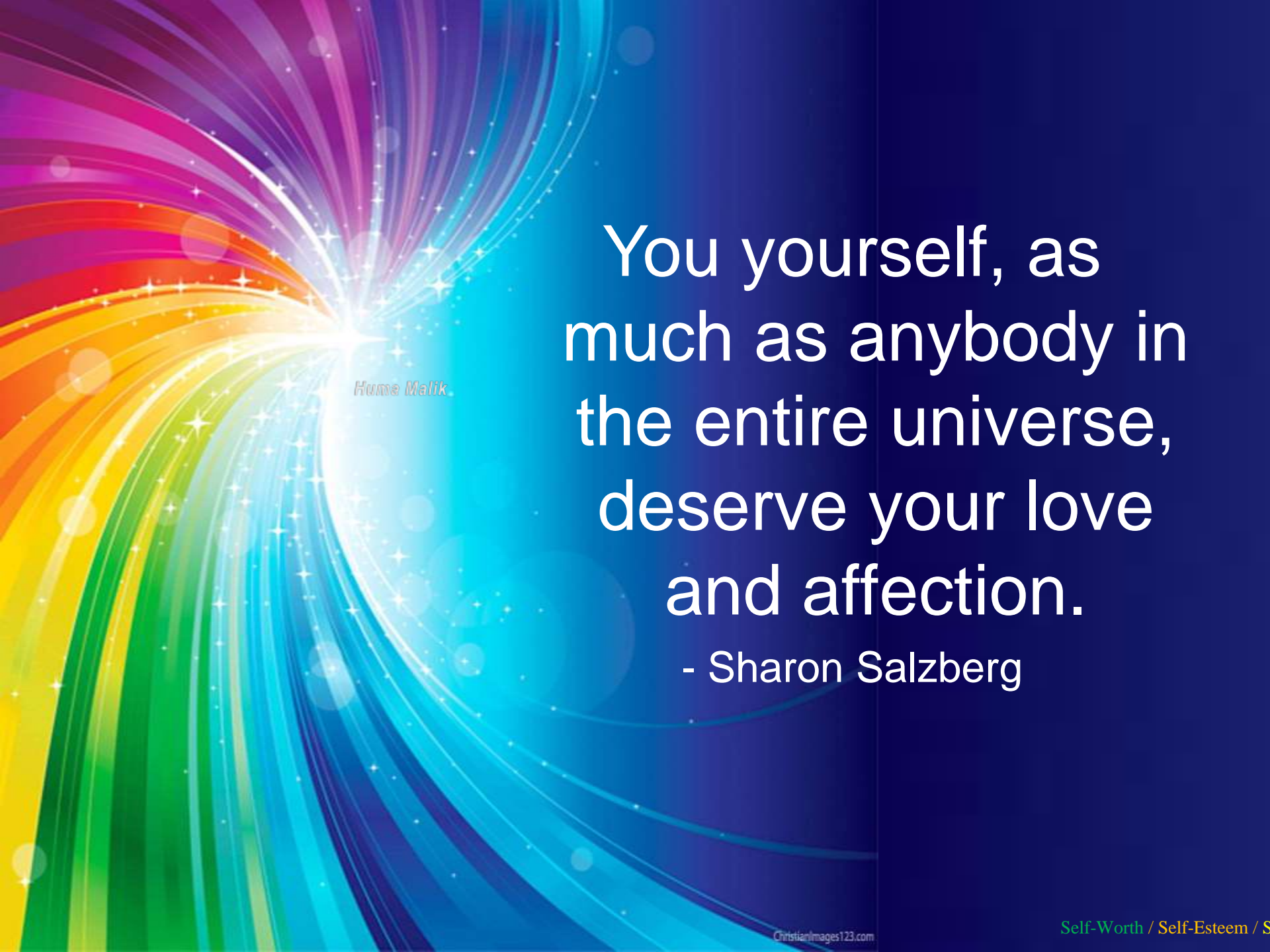
*Hume Malik*



*Hume Malik*

Your relationship with  
yourself sets the  
tone for every other  
relationship you  
have.

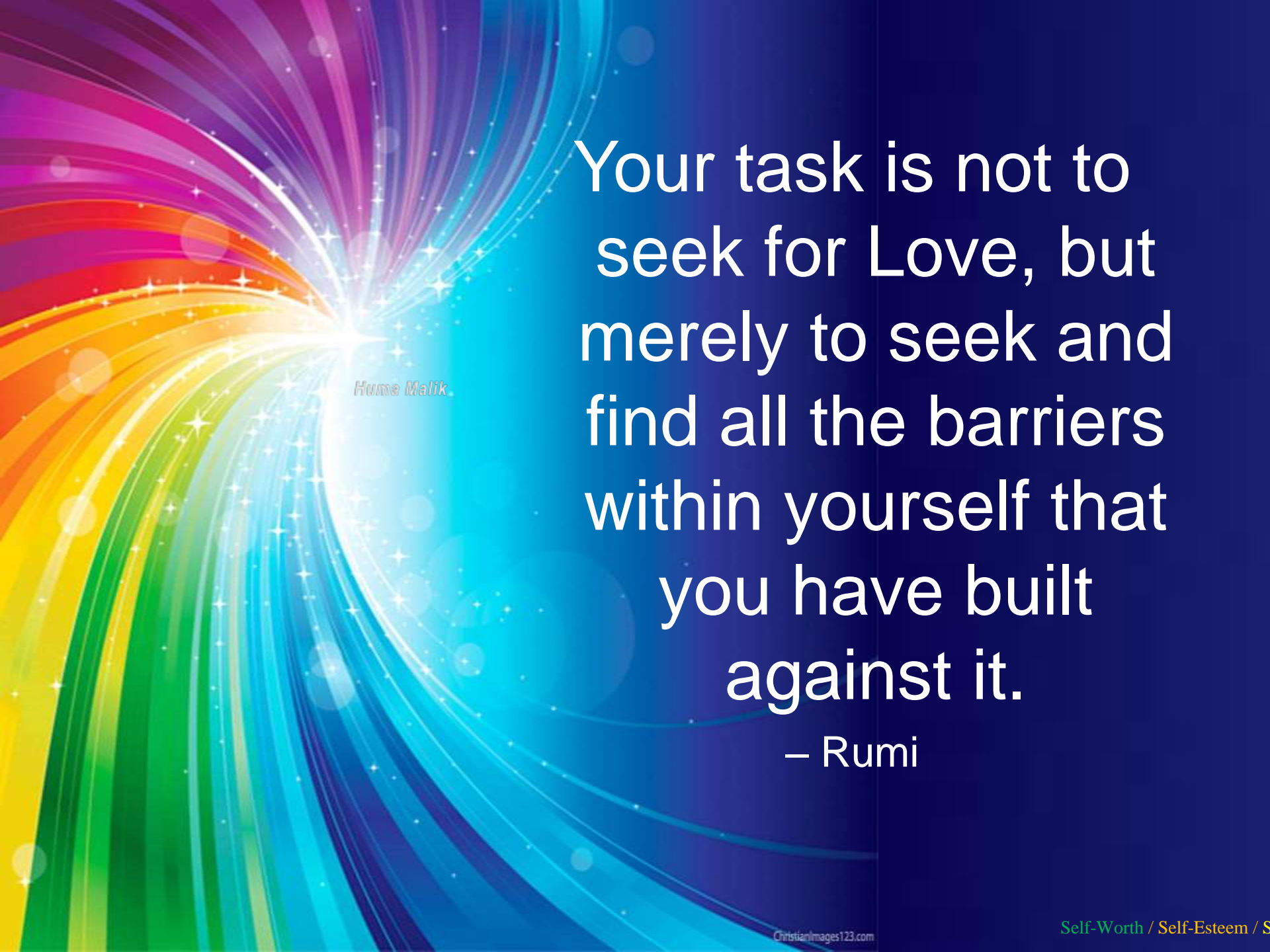
– Robert Holden



You yourself, as  
much as anybody in  
the entire universe,  
deserve your love  
and affection.

- Sharon Salzberg

*Hume Malik*



Your task is not to  
seek for Love, but  
merely to seek and  
find all the barriers  
within yourself that  
you have built  
against it.

– Rumi

*Hume Malik*



*Hume Malik*

Your value doesn't  
decrease based on  
someone's inability  
to see your worth.

- Anonymous



@libcorpio

Self-Worth / Self-Esteem  
/ Self-Love

Huma Malik