**20 Self-Care Quotes**

1. Happiness is when what you think, what you say and what you do are in harmony – Mahatma Ghandi

2. Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort – Deborah Day

3. Do something every day that is loving towards your body and gives you the opportunity to enjoy the sensations of your body – Golda Poretsky

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

5. 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

6. Don’t sacrifice yourself too much, because if you sacrifice too much there’s nothing else you can give and nobody will care for you – Karl Lagerfeld

7. Our bodies are our gardens to which our wills are gardeners – William Shakespeare

8. We must treat ourselves with care, respect and compassion before we can effectively extend these things to others – Kristi Bowman

9. Take time off… The world will not fall apart without you – Malebo Sephodi

10. Self-care is taking all of the pressures you are facing right now, and deciding to which you will respond, and how – Imani Shola

11. Loving yourself isn’t a vanity, it’s a sanity – Katrina Mayer

12. You have been criticizing yourself for years. Try approving of yourself and see what happens – Louise L. Hay

13. Those who think they have not time for bodily exercise will sooner or later have to find time for illness – Edward Stanley

14. With every act of self-care your authentic self gets stronger, and the critical, fearful mind gets weaker – Susan Weiss Berry

15. Almost everything will work again if we unplug it for a few minutes, including you – Anne Lamott

16. Caring for your body, mind and spirit is your greatest and grandest responsibility. It’s about listening to the needs of your soul and then honouring them – Kristi Ling

17. When you are compassionate with yourself, you trust in your soul, which you let guide your life. Your soul knows the geography of your destiny better than you do – John O’Donohue

18. When we self-regulate well, we are better able to control the trajectory of our emotional lives and resulting actions based on our values and sense of purpose – Amy Leigh Mercree

19. I am my own experiment. I am my own work of art - Madonna

20.Dance with the flowers of enlightenment – then watch as your mind and body blossom as you begin to harvest the fruits of self-progression and self-realization – Natasha Potter