

Learning to Love Yourself

Make your day by becoming and being the person who makes your heart smile.

~ MARIA MARSALA
www.ElevatingYou.com

When you find peace within yourself, you become the kind of person who can live at peace with others.

~ PEACE PILGRIM

You teach people who you are by the way you treat yourself.

~ LYNN PIERCE
Author of Change One Thing, Change Your Life, www.ChangeOneThing.com

Be assured that you will always have time for the things you put first.

~ LIANE STEELE

The gift I found in this forever evolving, sometimes rocky yet incredible relationship was me.

~ CATHERINE TILLEY
*Founder of the Institute for Global Healing and Publisher of WISE Publications
www.theglobalvoice.com*

It isn't until you come to a spiritual understanding of who you are—not necessarily a religious feeling, but deep down, the spirit within—that you can begin to take control.

~ OPRAH WINFREY

Declare today “sacred time”—off-limits to everyone, unless invited by you. Take care of your personal wants and needs. Say no, graciously but firmly, to others' demands.

~ OPRAH WINFREY