

## Wellness Quotes

“Each one of us is more than the worst thing we've ever done.” - Sheryl Sandberg

“If your heart is broken, make art with the pieces.” – Shane Koyczan

“Do not judge me by my success, judge me by how many times I fell down and got back up again.” – Nelson Mandela

“I can be changed by what happens to me. But I refuse to be reduced by it.” – Maya Angelou

"I marvel at the resilience of the Jewish people. Their best characteristic is their desire to [remember](#). No other people has such an obsession with memory." Elie Wiesel

“Why fit in when you were born to stand out?” Dr. Seuss

“Imperfections are not inadequacies; they are reminders that we’re all in this together.”- Brene Brown

“Self-respect is the root of discipline: The sense of dignity grows with the ability to say no to oneself.”  
— Abraham Joshua Heschel

“The privilege of a lifetimes is being who you are.” -Joseph Campbell

“Sometimes the bravest and most important thing you can do is just show up.”- Brene Brown

“Self-care is not selfish or self-indulgent. We cannot nurture others from a dry well. We need to take care of our own needs first, so that we can give from our surplus, our abundance. When we nurture others from a place of fullness, we feel renewed instead of taken advantage of.”  
—Jennifer Louden

"To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself. " – Thich Nhat Hanh

“Believe you can and you’re halfway there.” – Theodore Roosevelt

### General Encouraging Words:

“You are capable.”

“I believe in you!”

“You’ve got this.”

“Let’s try it together.”

“You are enough.”