

Inspirational Quotes to Help You Love and Accept Yourself

1. “Did your mom ever tell you, ‘If you can’t say something nice, don’t say anything’? She was right—and talking nicely also applies when you’re talking to yourself, even inside your head.”
– Victoria Moran
2. “Loving yourself...does not mean being self-absorbed or narcissistic, or disregarding others. Rather it means welcoming yourself as the most honored guest in your own heart, a guest worthy of respect, a lovable companion.” - Margo Anand
3. “Too many people overvalue what they are not and undervalue what they are.” – Malcolm S. Forbes
4. “One of the greatest regrets in life is being what others would want you to be, rather than being yourself.” – Shannon L. Alder
5. “When I loved myself enough, I began leaving whatever wasn't healthy. This meant people, jobs, my own beliefs and habits – anything that kept me small. My judgement called it disloyal. Now I see it as self-loving.” – Kim McMillen
6. “It’s not selfish to love yourself, take care of yourself, and make your happiness a priority. It’s a necessity.” - Mandy Hale
7. “You're always with yourself, so you might as well enjoy the company.” – Diane Von Furstenberg
8. “The journey isn’t about becoming a different person. It’s about loving who you are right now.”
- Suzanne Heyn
9. “You yourself, as much as anybody in the entire universe, deserve your love and affection”
– Buddha

10. "Be the love you never received." - Rune Lazuli
11. "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
12. "To accept ourselves as we are means to value our imperfections as much as our perfections." – Sandra Bierig
13. "Plant your own garden and decorate your own soul, instead of waiting for someone to bring you flowers." – Veronica A. Shoffstall
14. "Loving yourself isn't vanity. It's sanity." – Katrina Mayer
15. "There are days I drop words of comfort on myself like falling leaves and remember that it is enough to be taken care of by myself." – Brian Andreas
16. "Lighten up on yourself. No one is perfect. Gently accept your humanness." – Deborah Day
17. "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
18. "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