

“The care, therefore,
of every man’s soul
belongs unto himself.”

— **John Locke**

“Be kind to yourself, dear, to our innocent
follies. Forget any sounds or touch you knew
that did not help you dance. You will come to
see that all evolves us.”

— **Rumi**

“When we care for ourselves as our very own
beloved—with naps, healthy food, clean sheets,
a lovely cup of tea—we can begin to give in wildly
generous ways to the world, from abundance.”

— **Anne Lamott**

“Rest and self-care are so important.
When you take time to replenish your spirit,
it allows you to serve from the overflow.
You cannot serve from an empty vessel.”

— **Eleanor Brown**

“Self-care is not self-indulgence.
It is self-preservation.”

— **Audre Lorde**

“Adopt the pace of nature.
Her secret is patience.”

— **Ralph Waldo Emerson**

“If your compassion does
not include yourself,
it is incomplete.”

— **Jack Kornfield**

“Mind. Body. Soul. These are the
three things self-care is all about.”

— **Kathy Sledge**