

Quotes on Self-Worth:

“A person's worth in this world is estimated according to the value they put on themselves.”

-*Jean De La Bruyere*

“Low self-esteem is like driving through life with your hand-break on.”

-*Dr. Maxwell Maltz*

“I was always looking outside myself for strength and confidence but it comes from within. It is there all the time.”

-*Anna Freud*

“At bottom every man knows well enough that he is a unique being, only once on this earth; and by no extraordinary chance will such a marvellously picturesque piece of diversity in unity as he is, ever be put together a second time.”

-*Friedrich Wilhelm Nietzsche*

“If you want to be respected by others, the great thing is to respect yourself. Only by that, only by self-respect, will you compel others to respect you.”

-*Fyodor Dostoyevsky*

“If one desires a change, one must be that change before that change can take place.”

-*Gita Bellin*

“Never forget that once upon a time, in an unguarded moment, you recognized yourself as a friend.”

— *Elizabeth Gilbert*

“Sometimes, I feel discriminated against, but it does not make me angry. It merely astonishes me. How *can* anyone deny themselves the pleasure of my company? It's beyond me.”

— *Zora Neale Hurston*

“I have no right to say or do anything that diminishes a man in his own eyes. What matters is not what I think of him but what he thinks of himself. Hurting a man in his dignity is a crime.”

— *Antoine de Saint-Exupéry*

“Sometimes the hardest part of the journey is believing you're worthy of the trip.”

— *Glenn Beck, The Christmas Sweater*

“As long as you look for someone else to validate who you are by seeking their approval, you are setting yourself up for disaster. You have to be whole and complete in yourself. No one can give you that. You have to know who you are - what others say is irrelevant.”

— *Nic Sheff*

"I will not be "famous," "great." I will go on adventuring, changing, opening my mind and my eyes, refusing to be stamped and stereotyped. The thing is to free one's self: to let it find its dimensions, not be impeded."

— *Virginia Woolf, A Writer's Diary*

"You cannot be lonely if you like the person you're alone with."

— *Wayne W. Dyer*

"It is difficult to make a man miserable while he feels worthy of himself and claims kindred to the great God who made him."

— *Abraham Lincoln*

"It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being."

— *John Joseph Powell, The Secret of Staying in Love*