

## 20 Self-Care Quotes

1. Self-care isn't a luxury, it's survival.
2. You can't pour from an empty cup, take care of yourself first.
3. Embrace your imperfections, they make you whole.
4. Self-love is the beginning of all healing.
5. It's okay to take a break, you deserve it.
6. Rest is not a reward, it's a necessity.
7. Give yourself the same kindness you offer others.
8. You are enough, exactly as you are.
9. Self-care means taking back your power.
10. Breathe in peace, breathe out stress.
11. Take time today to nurture your soul.
12. Let go of perfection and embrace the real you.
13. Pause, reflect, and reset, your well-being depends on it.
14. Your time and energy are precious, protect them.
15. Loving yourself is the greatest romance of all.
16. Relaxation isn't wasted time, it's renewal.



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17. Inhale calm, exhale chaos.

18. Self-compassion is the foundation of inner peace.

19. You deserve the love you so freely give to others.

20. Taking care of yourself makes everything else possible.



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