

Be Good to
Yourself

Designed by [Brent Payton](#)

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Disclaimer

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You may never get
a second chance
to show
compassion.

—Maya Angelou

Make changes
because you can,
just for the sake
of change. Don't
wait for a reason.

YOU ARE
VALUABLE
BEYOND YOUR
JOB AND
ABILITIES.

THERE ARE
REASONS BEYOND
YOUR CONTROL
FOR THE WAY
YOU ARE.

Pay attention
to your body
and your
emotions.

Stand up for
your beliefs,
especially if
they're
unpopular.

Embrace
feeling like
an outsider.

Look at how far
you've come,
not how long it
took to get here.

Comparing
yourself to
anyone else
leads to false
conclusions.

Don't feel
inadequate
because you
have limitations
others don't.

Reject criticism if it
doesn't present a
learning opportunity
or if it focuses on
something you are
not willing to
change .

Surround
yourself with
people who
want you to
succeed.

SOMETHING DOESN'T
NEED TO BE COMPLETE FOR
YOU DO BE DONE WITH IT.

YOUR NEEDS ARE VALID
AND DESERVE
ATTENTION.

You are the
only person
you have to
please .

Conflict isn't
bad, but the
resentment
that arises
from avoiding
it is.

CHOOSING TO
LIVE AN
AUTHENTIC
LIFE IS ALWAYS
WORTH THE
PAIN.

MINDFULNESS
IS POSSIBLE
ONLY IN THE
PRESENT
MOMENT.

—THICH NHAT
HANH

THE MORE LOVE
YOU SHOW
YOURSELF, THE
MORE YOU'LL
HAVE FOR OTHERS.

SOMETIMES WE
HAVE TO LET GO
OF WHAT'S
KILLING US, EVEN
IF IT'S KILLING US
TO LET GO.

*Thoughts you have
about yourself are
natural phenomena,
not the voice of
absolute reason.*

*Everything you've
ever wanted is on
the other side of
fear.*

You are not the
waves, you are the
ocean.

You are not the
clouds but the entire
sky.

-Eckhart Tolle

Trying to create a
predictable life is
an exercise in
futility.

Refuse to be
stigmatized.

Integrity
matters!

Honor yourself
by setting
boundaries.

If you tolerate
an intolerable
situation, it will
never end.

Refusing to give up only works in the long run if you're working toward something good.

Step back once in a while and re-consider your goals.

*Attempts at
short-term
anxiety relief
create long-term
problems.*

When you settle,
you get exactly
what you settled
for and nothing
more.

You are the
only person
responsible for
your happiness.

YOU DON'T ALWAYS
NEED A PLAN.

SOMETIMES YOU
JUST NEED TO
BREATHE, TRUST,
LET GO, AND SEE
WHAT HAPPENS.

BE HONEST
WITH
YOURSELF.

Remove yourself
from a bad
situation rather
than waiting for it
to improve.

Stress is acceptable only
in service of a worthy
goal.

Is there an opportunity to
grow and learn?

Is the situation really
worthwhile?

There is
only this
moment.

Waiting to be happy until
you've achieved a goal only
brings disappointment.

If you're working toward a
worthy goal, you can find
happiness in the journey.

If you
wouldn't say it
to a friend,
don't say it to
yourself.

The drive to
experience
freedom is
greater than the
desire for
tangible rewards.

Living “the good
life” is an
unattainable goal;
striving for it
imprisons you.

Rerum novarum
cupidus

People are always
eager for new things

HUMAN +
INTENTION +
ACTION = ART

IT'S IMPOSSIBLE TO BE
HAPPY AS LONG AS YOU
ARE UNWILLING TO COPE
WITH ANGER.

You have a
beautiful future
because your
ugly past didn't
kill you.

Life is too
short to spend
time with people
who suck the
happiness out of
you.

CREATE
YOUR OWN
MEANING.

ADMIRE
SOMEONE
ELSE'S BEAUTY
WITHOUT
QUESTIONING
YOUR OWN.

YOU CANNOT
FILL AN
INTERNAL
VOID WITH
SOMETHING
EXTERNAL.

BE BRAVE
ENOUGH TO
SUCK AT
SOMETHING
NEW.

*All frustrations are
self-induced.*

*The world can invite us
to become upset but we
can refuse the invitation.*

*You are confined
only by the walls
you build yourself.*

—Andrew Murphy

It's not about
where you go
but who goes
with you.

You are going to
be OK, but
maybe not in the
way you planned.

Be who you
needed when
you were
younger.

Start where you are.

Use what you have.

Do what you can.

—Arthur Ashe

You were born
to do more than
just go to work,
pay bills, and
eventually die.

You can't heal
in the same
environment
that made you
sick.

*Fear never
conquered
anything.*

*The universe can't
give you
something you're
not ready to
receive.*