



Self-Awareness Quotes That Help Kids Explore Their Inner Selves

Don't let the noise of other opinions drown your own inner voice. -- Steve Jobs

When you embrace your difference, your DNA, your look or heritage or religion or your unusual name, that's when you start to shine. -- Bethenny Frankel

The destination isn't in finding yourself. The destination is in the search. -- Thomas Warfield

I knew who I was this morning but I've changed a few times since then. -- Lewis Carroll

Find out who you are and do it on purpose. -- Dolly Parton

Everything that irritates us about others can lead us to an understanding of ourselves. -- C.G. Jung

Why fit in when you were born to stand out? -- Dr. Seuss

All adventures, especially into new territory, are scary. -- Sally Ride

Acknowledging the good that you already have in your life is the foundation for all abundance. -- Eckhart Tolle

What lies behind us and what lies before us are tiny matters compared to what lies within us. -- Ralph Waldo Emerson

I do not try to dance better than anyone else. I only try to dance better than myself. -- Arianna Huffington

The hardest challenge is to be yourself in a world where everyone is trying to make you be somebody else. -- E.E. Cummings

Step out of the history that is holding you back. Step into the new story you are willing to create. -- Oprah Winfrey

Knowing yourself is the beginning of all wisdom. -- Aristotle

The challenge is not to be perfect...it's to be whole. -- Jane Fonda

The only questions that really matter are the ones you ask yourself. -- Ursula K. LeGuin

I delight in what I fear. -- Shirley Jackson

Numbing the pain for a while will only make it worse when you finally feel it. -- J.K. Rowling

Owning our story can be hard but not nearly as difficult as spending our lives running from it. -- Brene Brown

Remember always that you not only have the right to be an individual, you have an obligation to be one. -- Eleanor Roosevelt

A man sooner or later discovers that he is the master-gardener of his soul, the director of his life. -- James Allen

The willingness to accept responsibility for one's own life is the source from which self-respect springs. -- Joan Didion

Most of us can read the writing on the wall; we just assume it's addressed to someone else. -- Ivern Ball

The big question is whether you are going to be able to say a hearty yes to your adventure. -- Joseph Campbell

It is only with the heart that one can see rightly; what is essential is invisible to the eye. -- Antoine de Saint-Exupery