

Self-Care - because no one else will do it for you! Self-care is the new health-care vs. disease management - NIYAMA, KRIYA, ASANA, PRANAYAMA, DHYANA, SAMADHI

Self-Sabotage - me getting in the way of my goals. Patterns and tendencies. The mind.

“Resistance by definition is self-sabotage.”

– **Steven Pressfield, The War of Art: Winning the Inner Creative Battle**

“There is stability in self-destruction, in prolonging sadness as a means of escaping abstractions like happiness. Rock bottom is a surprisingly comfortable place to lay your head. Looking up from the depths of another low often seems a lot safer than wondering when you'll fall again. Falling feels awful.

I'd rather fucking fly.”

– **Kris Kidd**

“What is required for many of us, paradoxical though it may sound, is the courage to tolerate happiness without self-sabotage.”

– **Nathaniel Branden, Six Pillars of Self-Esteem**

“I wish I could change everything about myself but it's just—it's too late to *do* anything, that's the problem. It's all so fucked up, and I just don't know who I am anymore, you know? Like, who is this person who made all these choices that I just have to live with? I look back at that person and I hate her, I hate her so much for what she did to me, that person is like my nemesis, my worst enemy, but the problem is, that person is *me*.”

– **Kristen Roupenian, You Know You Want This**

“No more excuses. No more self-sabotage. No more self-pity. No more comparing yourself to others. Time to step up. Take action right now and start living your life with purpose.”

– **Anthon St. Maarten**

“The only reason I can't jump in and engage life is that I've told myself I can't. Yet I can't helping wondering would happen if I told myself I could?”

– **Craig D. Lounsborough**

“Paranoia (n)

- A condition where a person always doubts others and themselves.
- A condition where all compliments seem too fake to be a reality.
- A condition where a person is unable to trust someone even after knowing them for years.
- A condition where a person thinks self-sabotage is healthy.
- A condition where a person just can't turn off the grinding noises in their brain.
- A condition where a person feels that someone is only nice to them because they need something in return.
- A condition where a person can no longer differentiate between delusions and reality.
- A condition where a person's own mind is their biggest enemy.
- A condition where a person is ridden with irrational fears and 'yellow wallpaper' feels.
- A condition where a person feels that when people are not talking to them they are either talking about them or against them. Always.”

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– **Sijdah Hussain, Red Sugar, No More**

10% of life is what happens to you, 90% of it is how you respond.

– **Lou Holtz**

“Much of your self-esteem doesn't come from what happens to you on a given day or what somebody says, but what you know about yourself on the inside.”

– **Dr. Judy Ho**

Self-Mastery

“One can have no smaller or greater mastery than mastery of oneself.”

– **Leonardo da Vinci**

“You will never have a greater or lesser dominion than that over yourself...the height of a man's success is gauged by his self-mastery; the depth of his failure by his self-abandonment. ...And this law is the

expression of eternal justice. He who cannot establish dominion over himself will have no dominion over others.”

– **Leonardo da Vinci**

Knowing others is intelligence; knowing yourself is true wisdom.

Mastering others is strength; mastering yourself is true power.

— **Laozi**

Self-mastery is the challenge of transforming yourself from own worst enemy into your greatest ally.

— **Wes Fesler**

“She remembered who she was and the game changed.”

– **Lalah Delia**

“You are your master. Only you have the master keys to open the inner locks.”

– **Amit Ray, Meditation: Insights and Inspirations**

“The ability to subordinate an impulse to a value is the essence of the proactive person.”

– **Stephen R. Covey, The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change**

“Most people are interested in success, but are too busy and distracted by their habituated day to day activities, to be COMMITTED to creating real success in every area of their lives.”

– **Tony Dovale**

“SECRET TO BE MASTER:

To be a master on a specific skill, practice one thing 10,000 times. Rather practice 10,000 things one time.”

– **Lord Robin**

“Nobody else can make you feel a certain way, they can’t force-feed you an emotion to feel. They can do things and say things to you, but how you feel in response isn’t their fault and isn’t down to their control: your emotions are entirely under your influence due to the thoughts you do and do not validate.”

– **Kain Ramsay**

“All of our negative self-talk comes from deep-rooted beliefs and assumptions we made about ourselves. Contrary to all the ‘evidence’ you have supporting your beliefs, the majority of your beliefs are not only incorrect but unhelpful.”

– **Kain Ramsay**

“Whilst it may feel comforting and easier to view your life through a filter of It’s not my fault. They made me do it. It made me this way, this submission to a state of powerlessness is not only debilitating but also smacks of immaturity. Whether or not you’re conscious of your desires, the victim mentality is driven by two core needs: sympathy and vindication.”

– **Kain Ramsay**

The greatest achievement is selflessness.

The greatest worth is self-mastery.

The greatest quality is seeking to serve others.

The greatest precept is continual awareness.

The greatest medicine is the emptiness of everything.

The greatest action is not conforming with the worlds ways.

The greatest magic is transmuting the passions.

The greatest generosity is non-attachment.

The greatest goodness is a peaceful mind.

The greatest patience is humility.

The greatest effort is not concerned with results.

The greatest meditation is a mind that lets go.

The greatest wisdom is seeing through appearances.

— Atisa

Self-Realization - Existential Truth

**Who am I? Where did I come
from? Where am I going?**