

Sense of Self Quotations

Of all the judgments we pass in life, none is more important than the judgment we pass on ourselves. That judgment impacts every moment and every aspect of our existence. Our self-evaluation is the basic context in which we act and react, choose our values, set our goals, meet the challenges that confront us. Our responses to events are shaped in part by whom and what we think we are -- our self-esteem.

Nathaniel Branden, Ph.D.
"Our Urgent Need For Self-Esteem"
Excellence 5/14/94

It is rewarding to find someone you like, but it is essential to like yourself. It is quickening to recognize that someone is a good and decent human being, but it is indispensable to view yourself as acceptable. It is a delight to discover people who are worthy of respect and admiration and love, but it is vital to believe yourself deserving of these things.

For you cannot live in someone else. You cannot find yourself in someone else. You cannot be given a life by someone else. Of all the people you will know in a lifetime, you are the only one you will never leave or lose.

To the question of your life, you are the only answer. To the problems of your life, you are the only solution.

Jo Coudert
"Advice From A Failure" 1966