



CONFIDENCE QUOTES

Our Skin, Our Self-Esteem Handout, ages 11-13

“No one can make you feel inferior without your consent.” ~Eleanor Roosevelt

“It took me a long time not to judge myself through someone else’s eyes.” ~Sally Field

“Other people’s opinion of you does not have to become your reality.” ~Les Brown

“It’s not who you are that holds you back, it’s who you think you’re not.” ~Attributed to Hanoch McCarty

“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one’s definition of your life, but define yourself.” ~Tim Fields

“You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You’re on your own. And you know what you know. You are the guy who’ll decide where to go.” ~Dr. Seuss

“When there is no enemy within, the enemies outside cannot hurt you.” ~African Proverb

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