

Ten Celebrity Quotes to Boost Your Self-Confidence

Summary: Read these celebrity quotes on the good days to strengthen your self-confidence and on the bad days to rebuild your confidence so that you never give up.



Criticism, mistakes, and **negative remarks can beat at our self-confidence** every day until there is nothing left. In order to keep going to work every day and doing our best, we have to believe in our abilities to succeed no matter what others may say. Read these quotes from celebrities to understand how they keep their self-confidence up.

See the following articles for more information:

- **Ten Awesome Podcasts That Invite Self-Improvement in Your Life and Career**
- **Don't Let These Four Habits Bring Your Self-Esteem Down**

Troian Bellisario - "I believe in waking up every day and taking a good step toward health and honoring your body. Remember that you are young, beautiful, individual, and unique—that is worth everything in this world."

Ellen Degeneres- "I wanna say also it feels good to be chosen, but there was a time in my life that I was not chosen. I was the opposite of chosen because I was different, and I think I wanna make



sure that everyone knows that what makes you different right now, makes you stand out later in life. So you should be proud of being different, you should be proud of who you are.”

Emma Stone - “Am I taking care of myself in a healthy way? Am I respecting myself and being responsible? And over and over, I answer yes to that question. Then I remind myself to be kind to myself, and as slightly ridiculous as it may sound, to treat myself in the same gentle way I’d want to treat a daughter of mine.”

Justin Timberlake - “If you’re a young person, like I used to be, and you’re at home watching and you’re being called weird, or you’re being called different, or whatever the hell you’re being called, I’m here tonight to tell you, your critics do not count. Their words will fade. You won’t.”

Beyoncé - “Your self-worth is determined by you. You don’t have to depend on someone telling you who you are.”

George Clooney - “I had to stop going to auditions thinking, ‘Oh, I hope they like me.’ I had to go in thinking I was the answer to their problem. You could feel the difference in the room immediately. The greatest lesson I learned was that sometimes you have to fake it. And you have to be willing to fail.”

Taylor Schilling - “It takes a lot of bravery to be authentic and honest and to take that social mask off in order to connect with another human being. So much of what makes us who we are is smoothed away online. And what truly connects us is the wrinkles, not the smoothness.”

Jane Fonda - “It’s never too late—never too late to start over, never too late to be happy.”

Demi Lovato - “Never be ashamed of what you feel. You have the right to feel any emotion that you want and to do what makes you happy.”

Mary J. Blige - “The important thing is to realize that no matter what people’s opinions may be, they’re only just that – people’s opinions. You have to believe in your heart what you know to be true about yourself. And let that be that.”

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