



Christine Arylo

Inspirational Catalyst

author • coach • speaker • self-love expert

quotes

On Relationships

- When we have a boyfriend, the question is always, "When are you getting married?" When you get married, the question is, "When are you having babies?" It's a wonder when we retire people don't ask, "So when are you going to die?"
- Most women want great relationships... the problem is that most start with the wrong pronoun. A great HE and WE starts with a great ME.
- Until we change, nothing on the outside changes, including the men we attract.
- The ending of a relationship is not a failure. It's the trying to keep a dead one alive that is the real failure.
- If your guy isn't enough for you today, chances are he won't be enough tomorrow.
- Valentine's Day is like a holiday that says it's okay to ignore the person you love for 364 days a year.
- Why do we need a man to tell us that he'll love us forever? Isn't it enough that he loves us today? After all, unless he has a crystal ball, he can't really promise any more than that.
- Why is it that we are always asking, "When will he leave *her*?" instead of asking, "Where is my self-respect?"
- You'll never find the partner you want while you've got a jackass in your bed.
- You can't blame a person for being who they are. You can only blame yourself for believing they were someone else.

On Self-Love

- Falling in love with yourself is a vow not a how.
- Every woman is empowered to love herself simply because she is.
- You can't be lonely if you never leave yourself.
- Self-esteem may get you a great paycheck. But it's self-love that'll get you lasting happiness.
- Apologizing for being YOU is like hitting yourself with a frying pan. It's stupid. Don't do it.
- There is no one harder to forgive than ourselves, yet she is the one who needs it the most.



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On Life, Success and Happiness

- No one is going to give you the life you want except for you. The question is... are you willing to let yourself have it, are you willing to believe that you deserve it, and then are you willing to stand up and take it.
- Success is something that everyone must define for themselves. Otherwise, you'll end up striving for a life based on someone else's ideals.
- We never *have* to settle for less, we *choose* to.
- Our realities start and end with two letters M-E.