

Demi Lovato

Quotes

Thinking, People, Beautiful, Stay Strong, Inspirational, Girl, Bad Ass, Want, Believe, Self Esteem, World, Heart, Voice, Trying, Love You, Body, Needs, Wish, Years, Song

It's okay to not be superwoman all the time.

~Demi Lovato

Tall, thin, curvy, short - whatever you are, you are beautiful.

~Demi Lovato

Go on and try to tear me down I will be rising from the ground

~Demi Lovato

I'm not perfect and I don't have to be.

~Demi Lovato

Your mind . . . can be your best friend or your worst enemy, but it's your choice to make.

~Demi Lovato

I think scars are like battle wounds - beautiful, in a way. They show what you've been through and how strong you are for coming out of it.

~Demi Lovato

At the end of the day it doesn't matter what anybody else thinks as long as you're happy.

~Demi Lovato

It's gonna be okay, no matter how hard your rock bottom is, you can rise above it and you can come back.

~Demi Lovato

Creativity is what helps me escape a lot of my inner demons.

~Demi Lovato

Nothing is more beautiful than a smile that has struggled through tears

~Demi Lovato

Whatever you dream of doing one day, don't give up on that dream because you never know where it can take you.

~Demi Lovato

I try to keep it real. I don't have time to worry about what I'm projecting to the world. I'm just busy being myself.

~Demi Lovato

Your imperfections make you beautiful, they make you who you are.

~Demi Lovato

Go ahead and believe that no one shines brighter than you. Become amazing, and be happy.

~Demi Lovato

I don't wanna be afraid, I wanna wake up feeling beautiful today, and know that I'm okay.

~Demi Lovato

Don't judge me. You know my name, but not my story.

~Demi Lovato

You don't have to have a thigh gap to be beautiful. It is possible to love your body the way it is.

~Demi Lovato

Don't be afraid to speak up, because someone will be there for you.

~Demi Lovato

When you start to beat yourself up, remind yourself of how worthy you are of love.

~Demi Lovato

One of the most scariest thing in life, is when you come to the

realization that the only thing that can save you, is...yourself Demi lovato

~Demi Lovato

You can't love other people until you love yourself.

~Demi Lovato

You know you've made it when you can dye your hair blue.

~Demi Lovato

Be who you are and don't allow anyone to affect the confidence you have in your individuality.

~Demi Lovato

Expectations are just disappointments waiting to happen.

~Demi Lovato

Everyday is a new opportunity to change your life and be who you want to be.

~Demi Lovato

When you do your best and live out your dreams, you inspire others to do the same.

~Demi Lovato

No matter who you are, where you've come from, what you've been through... You can make a difference in this world.

~Demi Lovato

Sometimes I smile so big, I get scared that my face is gonna explode.

~Demi Lovato

Be certain that you're not modeling yourself after someone, but just being who you are meant to be. Go ahead, be weird because "normal"

is boring!

~Demi Lovato

I never thought that I'd be a role model. Everyone kind of just made me a role model, and I hated that.

~Demi Lovato

We do the best we can in life, we take things one day at a time and sometimes we all just need a simple reminder of that.

~Demi Lovato

Never call a girl fat, even if you're joking.

~Demi Lovato

It's amazing what you can hide just by putting on a smile.

~Demi Lovato

Insecurity kills all that is beautiful.

~Demi Lovato

People say sticks and stones may break your bones, but names can never hurt you, but that's not true. Words can hurt. They hurt me. Things were said to me that I still haven't forgotten.

~Demi Lovato

Sometimes we're gonna have our bad days, but we must continue to work to be great. Keep smiling. It looks beautiful on you!!

~Demi Lovato

Stay strong, be brave, love hard and true, and you will have nothing to lose.

~Demi Lovato

Skies are crying, I am watching, Catching teardrops in my hands. Only

silence, as it's ending, Like we never had a chance. Do you have to make me feel Like there's nothing left of me?

~Demi Lovato

When you treat your body like a Bentley, you value yourself and you start to look at your body differently.

~Demi Lovato

He's not your prince charming if he doesn't make sure you know that you're his princess.

~Demi Lovato

Sometimes being afraid can show more strength than being fearless.

~Demi Lovato

Love yourself for who you are and just keep going.

~Demi Lovato

I don't let anyone's insecurities, emotions, or opinions bother me. I know that if I am happy, that's all that matters to me.

~Demi Lovato

If we could throw away the hate and make love last another day, don't give up just for today, life would be so simple

~Demi Lovato

There's gonna be haters, but don't let them affect you, don't let them take away a part of you.

~Demi Lovato

I can't set my hopes too high, 'Cause every hello ends with a goodbye.

~Demi Lovato

You see, this heart, won't settle down; just like a child, running, scared,

from a clown. Demi Lovato

~Demi Lovato

The sky is the limit... for some people aim higher nothing is impossible.

~Demi Lovato

An impact is like a punch it may hurt put it passes.

~Demi Lovato

You have the capability to change your life all with a simple shift in perspective

~Demi Lovato

I tried to conform to what everyone thinks is beautiful. But my genetics gave me a curvy figure, and I've come to understand that in the Latina culture, that is beautiful.

~Demi Lovato

If positivity is what you put out in the universe, positivity is what you get.

~Demi Lovato

It's harder to stay strong than it is to give up. Giving up doesn't get you anywhere.. Only makes you weak.

~Demi Lovato

I'm not going to sacrifice my mental health to have the perfect body.

~Demi Lovato

Never be ashamed of your problems, your body, yourself. You are worth life.

~Demi Lovato

Be proud of who you are.

~Demi Lovato

All that matters is that you keep going no matter what

~Demi Lovato

You can turn your life around. You can through hell and back. It is possible. Never underestimate yourself. I believe in you.

~Demi Lovato

I want to live my life without filters. I don't walk on egg shells. I say what I want and I'm a very free spirit.

~Demi Lovato

I believe that I definitely wasn't given this voice just to sing. I think it was given to me for a bigger purpose.

~Demi Lovato

I'm an American for marriage equality. I believe that love comes in all different shapes, sizes, and colors. So whether you're LGBT or straight, your love is valid, beautiful, and an incredible gift.

~Demi Lovato

No matter what you're going through, there's a light at the end of the tunnel.

~Demi Lovato

Make a wish with all your heart and chase every dream you have. Only you can reach your goals. No one else can achieve them for you

~Demi Lovato

As the smoke clears, I awaken, And untangle you from me. Would it make you feel better To watch me, while I bleed? All my windows still are broken, But I'm standing on my feet.

~Demi Lovato

You're the missing piece I need
The song inside of me I need to find
you I gotta find you

~Demi Lovato

Binge eating is another eating disorder that people really don't realize is a problem.

~Demi Lovato

Exploring - that's what you have to do to find yourself sexually. You always think you have it figured out, and then you get older and you realize you didn't.

~Demi Lovato

Instead of looking in the mirror and focusing on your flaws, look in the mirror and appreciate your best features... everyone has them.

~Demi Lovato

Sometimes it just feels so amazing to finally stand up for yourself. I highly recommend it. Life is too short to be taken for granted.

~Demi Lovato

If I could turn back time, I would tell myself that I'm beautiful every day, because we all are! And we need to start believing it!

~Demi Lovato

My tattoos are reminders to hang in there when things get rough.

~Demi Lovato

Embracing yourself is important and I wish that all women would realize how beautiful they are, inside and out.

~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. That's my life

motto.

~Demi Lovato

If you're living your life in fear, then you're just not living.

~Demi Lovato

Tired of being unhappy? Fix it.

~Demi Lovato

Learn from the past and share your experiences with others.

~Demi Lovato

Love yourself before any other person. That's when you can really survive on your own.

~Demi Lovato

Don't let anything or anyone define you. You are what you are because of what you make of tough situations in your life.

~Demi Lovato

You really need to be careful of who you hang out with and who you listen to. They can lead you down the wrong path.

~Demi Lovato

All of my past challenges have helped me become who I am today.

~Demi Lovato

Sometimes it's dramatic, but mental health, as a whole, has to become mainstream.

~Demi Lovato

So I'm putting my defenses up, cause I don't wanna fall in love. If I ever did that. I think I'd have a heart attack.

~Demi Lovato

I feel beautiful. I feel strong, and I feel confident in who I am.

~Demi Lovato

Focusing on food and exercise changed my life.

~Demi Lovato

Always remember, actions speak louder than words. No one's perfect, but we can all strive to be better people.

~Demi Lovato

The smartest thing a woman can ever learn, is to never need a man.

~Demi Lovato

Eating disorders are serious mental illnesses, not lifestyle choices.

~Demi Lovato

I want girls to know that its okay when they grow up and their bodychanges.

~Demi Lovato

I was just so sick. I thought that orange juice was going to make me fat.

~Demi Lovato

When your feet start to hurt, place yourself in someone else's shoes.

~Demi Lovato

Some of my fans have said that because I've been able to speak about my issues, that they're not afraid to speak about theirs, which is an amazing feeling.

~Demi Lovato

I feel healthy, I feel happy.

~Demi Lovato

Our love is like a song but you won't sing along.

~Demi Lovato

Share your story with someone. You never know how one sentence of your life story could inspire someone to rewrite their own.

~Demi Lovato

There's no point to living life unless you make history and the best way to make history is to help others.

~Demi Lovato

I'm gonna love you like I've never been broken I'm gonna say it like it's never been spoken

~Demi Lovato

One of the reasons I was so unhappy for years was because I never embraced my emotions and I was trying to stay in control.

~Demi Lovato

I pray every night before I go to sleep and every morning when I wake up.

~Demi Lovato

Cutting is not stupid. Stupid is being bad to someone and get them to the point of bleeding

~Demi Lovato

Always remember, you are beautiful.

~Demi Lovato

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