



Fibro Strong Quotes

The Warrior Edition

Fibro-Strong Quotes

Quotes to Inspire Your Inner Fibro-Warrior

- “Courage is not having the strength to go on; it is going on when you don’t have the strength.” – Theodore Roosevelt
- Warriors are not born and they are not made. Warriors create themselves through trial and error, pain and suffering and their ability to conquer their own faults.
- “At the end of the day, we can endure much more than we think we can.” – Frida Kahlo

Fibro-Strong Quotes Cont.:

- Facing the same battle day after day makes you a warrior.
- “You just do it. You force yourself to get up. You force yourself to put one foot before the other, you refuse to let it get to you. You fight. You cry. You curse. Then you go about the business of living. That’s how I’ve done it. There’s no other way.” – Elizabeth Taylor
- “Do not speak badly of yourself. For the warrior within hears your words and is lessened by them.” – David Gemmell

Fibro-Strong Quotes Cont.:

- “It takes courage to say ‘yes’ to rest and play in a culture where exhaustion is seen as a status symbol.” - Brené Brown
- Some people think that to be strong is to never feel pain. In reality, the strongest people are the ones who feel it, understand it, and accept it.
- Pain shapes a person into a warrior.
- Warriors are not the ones who always win, but they are the ones that always fight.