



Fibro Strong Quotes

The Warrior Edition

The
Fibro  Strong
Collective

www.thefibrostrongcollective.com



Facing the same battle day after
day makes you a **WARRIOR**

WARRIORS are not

born and they are not made.

Warriors **CREATE** themselves through
trial and error, pain and suffering and
their ability to **CONQUOR**
their own faults

“**COURAGE** is not having the strength to go on; it is going on when you don't have the strength.”

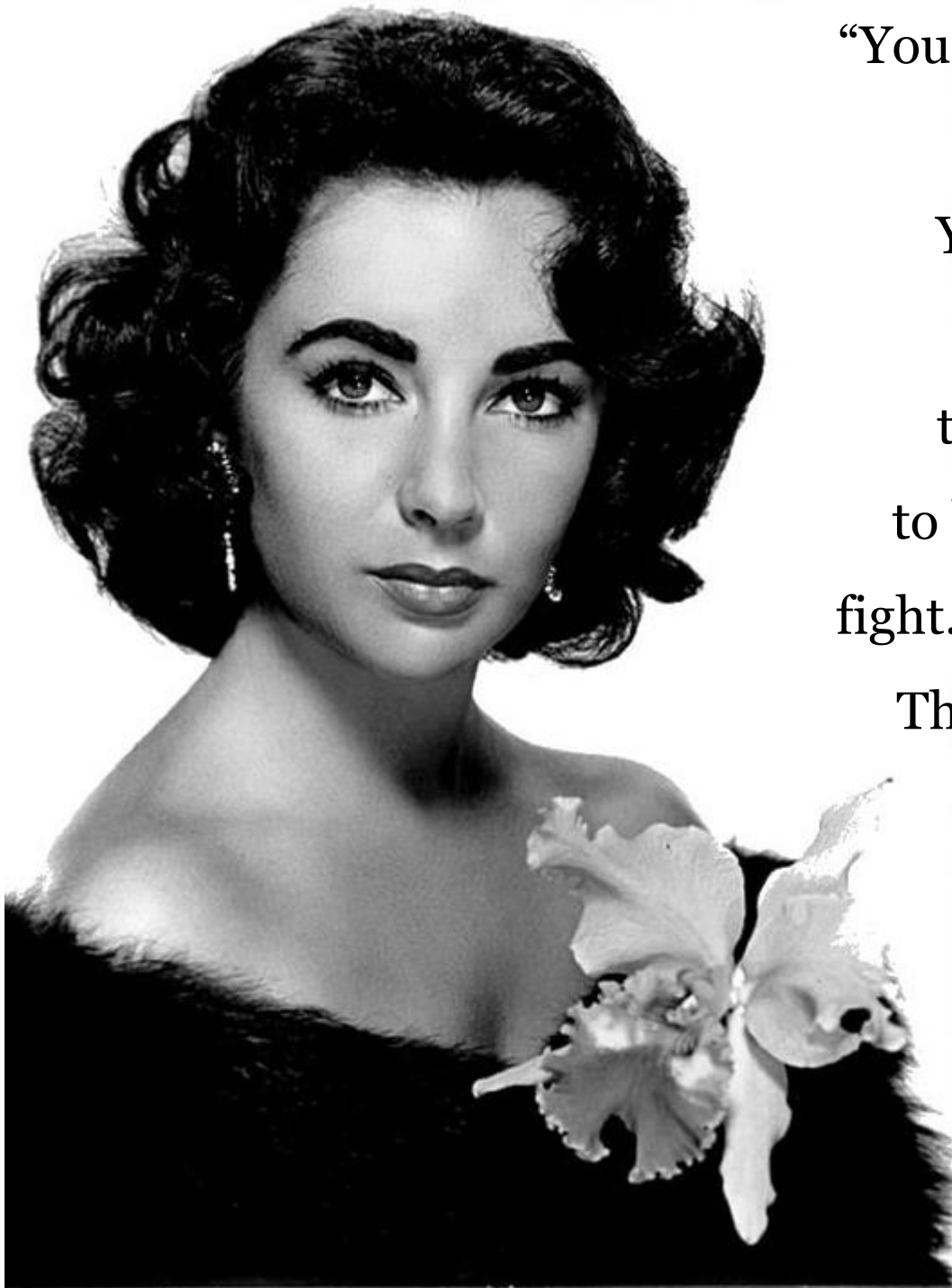
- Theodore Roosevelt



“At the end of
the day, we can
endure much
more than we
think we can.”

- Frida Kahlo

WARRIORS are not the ones who
always win, but they are the
ones that always **FIGHT**



“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



Pain shapes a person into a
WARRIOR

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.

“It takes **COURAGE** to say
‘YES’ to **REST** and **PLAY** in a
culture where exhaustion is seen
as a status symbol.”

- Brené Brown