**Poem**

There’s moments in life,

When you stare at the reflection of yourself in the mirror

And you stay quiet, very quiet

Suddenly all your flaws are clearer

You stare at your face

But in disgust because it isn’t as thin as you want

Your lips are too big or they’re just too small,

Your eyebrows don’t exist or they’re too bushy and wild

What you’re not understanding

On those days

Is that everyone has flaws

Everyone makes mistakes

So who cares if your nails are short and brittle,

Who cares if you’re too short or tall

its not about how others choose to label you,

it’s about how you see yourself.

You need to wake up everyday

With a smile on your face

you need to go look into that mirror

but this time with confidence

Look at all the good things about you

Remind yourself to be positive the whole time through

Because at the end of the day

All I could advise you to say is “I love myself”

