

SELF LOVE

CHRISTINA RODGERS

I called myself fat yesterday,
I called myself ugly the last two weeks,
I repeated to myself that
I wasn't good enough a month ago.

Today I told myself that I am beautiful.
Today I told myself that I am enough.
Today I told myself that I'm not skinny,
but I'm not fat, I am me.

Today I told myself that even when it's hard
that I am enough.
Today I told myself that I'm not going to
care anymore, not going to let what the world
thinks is beautiful control
who I am and how I feel.

Today I told myself that I don't have to be
a size 2.
Today I told myself that I am amazing.
Today I am confident, today I am me.
Today I love myself.

*[Author Addendum: Learning to love yourself is one of the hardest but
most rewarding things you can ever do.]*