When she was a child,
her mom would tell her,

"Go look in the mirror - if you
don't like what you see - change it!"

But there were many things she felt powerless to change,

so she learned to hate herself.

Now she wishes she could have told her child self and her mom, "If you don't like what you see, look closer.

Find one thing about yourself, and tell yourself it is beautiful.

Maybe find a new mirror, and try to filter out everyone's gaze but your own."

It is difficult, but try. ♡