

A Letter to Myself at 19

You've grown up now.
You've seen a lot.
You've loved and you've hurt.
We wouldn't change a thing,
But I simply wish I knew:

Being kind to your body
Will make you love it more.
Workouts fueled by self hatred
Only injure your mind.

Control is not care.
Manipulation is not love.
Be cautious of their discrepancies.
It's ok to break your own heart.

Believe what you want.
Do what you want.
Say what you want.
Eat what you want.
This life is yours, and you deserve it.

There is no substitute for kindness.
Give it.
Seek it.
Replicate it.
There is no substitute for kindness.

I have so much more to learn.
But these next 6 years
Change us.
Stay strong, I'm proud of you.