

Darling,

Open your eyes.

You are not made up of those words that hurt you. Or that number on that scale. Or the expectations you feel you will never meet. You are made up of nothing more than you. Simply, beautiful, wonderfully, uniquely you. You are a lovely and complex soul. An individually fascinating combination of thoughts, ideas, feelings, emotions. No other is as beautiful as you. Look past the mirror. Look at your soul. Only then you will see yourself as you truly are. Beautiful. So smile and don't forget to love yourself.