

Maithreyi Bharathi
Grade 10
Saratoga High School

Wonderfully Me

Scrolling and scrolling day in and day out
At pictures of models that make you doubt:
The countless size zeros, the glimmering hair,
Golden-tanned faces, noses perfect and fair

You look in the mirror, you notice your flaws
Your skin is so oily – you don't have a jaw!
Each 'like' you press drives a hole in your heart
You think, *how am I and perfection so far apart?*

But listen here, friend, and I'll tell you what's true:
Everyone craves to be someone new,
So rather than wishing and wanting and praying–
Focus on *you* instead of what you're weighing

We want to be skinny, we want to be tall
We want to look like impeccable dolls,
All perfect proportions and unblemished skin
We want, most of all, to simply fit in

We come in all sizes and colors and shapes,
Some look like squashes, or pears, or grapes!
Whatever you look like, there's nobody else
Who can pull off your look quite like yourself

The person you are, deep in your heart
Is what really matters – *that's* who you are
Right now, of the billions of people alive,
You are unique! You can thrive!

We are who we are and we were who we were
But it's up to us who we will be
Say to yourself, "I'm the star of my life
I'm beautiful and free and wonderfully *me*."