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12th Grade

To My Past Self

If I had one thing to say to my past self,
To the girl with confidence as low as the ground,
I would say that there is nothing wrong with asking for help,
And with every act of self-care sparks a passion, waiting to be found.

I would tell her that it is okay to put herself first
After all, if no one does, who will?
Constantly pleasing others only makes the feeling worse
And feeds the enemies' twisted thrill.

So take a moment and let everything sink in,
Reevaluate life and see through clearer lenses,
Even when life feels paper thin,
Even when it feels like we've lost all our senses.

What I didn't realize earlier
Was how difficult yet simple the little things are.
Soon everything felt familiar
And goals began to stretch far.

Taking the time to heal my mind and do the things that I love
Became a great lesson when things got tough.
And suddenly the self esteem begins to rise above,
And putting yourself before others is more than enough.

I would remind her of all the hobbies I took,
All of the relief and joy that I now feel.
How free I felt when lost in a book,
How nostalgic I felt when I cooked our favorite meal.

I would tell her to find the courage to choose and care for herself,
Not just for her well being, but for her inner wealth.

