Note to Self

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Note to self

Just to let you know self love isn’t selfish
It isn’t rebellious
Self love isn’t narcissism
Or a defense mechanism
Self love isn’t abstract expressionism or some kind of uncertain fanaticism
Self love isn’t negligence to the people of your element
Or what some people would call “arrogant”
Self love is a cross section to the direction you need to be in connection with
And although we may have imperfections it’s okay because it is a reflection of who
you are, human
Self love... is loving the authentic you
Such fondness for yourself can be interpreted in different ways
For me it might be dancing in the mirror unapologetically
For you it might be wearing something that makes you feel (fearless, gallant)
You see Self love, is personal
It’s a journey that you and only you can take with yourself
And on the way you might run into bumps called insecurity and hopelessness down
the road
And maybe even potholes titled depression and loneliness
And yet it is an experience.
A voyage to better days
An awakening of confidence you haven’t quite unlocked yet
But I promise,
When you get to the end of your destination you will find that
The love has always been there, you just needed time to see it
Self love is
Self love is like a flower in the rain
Or a needle in a haystack
Sometimes it’s hard to find at first
But once found it’s rewarding to see
The thing about self love is, once you obtain it, just a small piece of it. It grows
forever in your heart.
Once you start healing those aching wounds of neglect, misery, and rejection, you
will soon bloom into the human you’ve once always wanted to be.
Self love is loving yourself
Loving your body and soul and spirit
And hey, maybe even your hair
Self love is ultimately the best love.
Self love is, well... I’ll leave that up to you