

2023

## Note to Self

Shelby Vaughn

*Western Michigan University*, [shelby.m.vaughn@wmich.edu](mailto:shelby.m.vaughn@wmich.edu)

Follow this and additional works at: <https://scholarworks.wmich.edu/laureate>



Part of the Poetry Commons

### Recommended Citation

Vaughn, Shelby (2023) "Note to Self," *The Laureate*: Vol. 21, Article 20.

Available at: <https://scholarworks.wmich.edu/laureate/vol21/iss1/20>

This Poetry is brought to you for free and open access by the Lee Honors College at ScholarWorks at WMU. It has been accepted for inclusion in The Laureate by an authorized editor of ScholarWorks at WMU. For more information, please contact [wmu-scholarworks@wmich.edu](mailto:wmu-scholarworks@wmich.edu).

SHELBY VAUGHN

## Note to self

Shelby

Vaughn

62

63

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