

We Are Our Own

To learn to accept yourself is more than just a change of mind,
It's a change of heart.
To learn to let go, forgive, to stop comparing.

If we lived in a world where all humanity was the same,
We wouldn't change, we wouldn't adapt,
We wouldn't be fighting for something,
Someone
We would simply exist.
In a void of nothing.
The world around us wasting away.

But learning to accept ourselves,
As equals yet individuals,
Living in equality within every Homo sapiens form.
To take a break when you need it,
For not punishing yourself over and over again for something you should cherish.
To understand that someone may beat you at something,
But not to be discriminative towards aspects of yourself, because you did your best.

To understand that suffering is part of life.
To tune into the good times- The good things you have achieved.

To find our own style,
Our own methods,
To wear whatever we want-or feel comfortable in,
To be whoever we want- or feel comfortable in.
And not what society may force us to believe.

To learn to love and accept ourselves,
Instead of trying to love everyone except ourselves.

We are different.
We are loved.
We are our own.
We have accepted...

By Lorna T in year 8
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