

Mirror

Everywhere you look, wherever you may go
Someone is telling you as if they would know
How you should live and what you should eat
How to work out and ration your treats
Fashion will tell you how you should best dress
(Though catwalk creations can just look quite a mess)
When you look in the shops you still have a choice
Look in your heart, and find your own voice
All that guiding advice may be a good fit
And if that's what you want then take note of it
But always decide what's right in your mind
And don't let the loud just lead on the blind
You were given two eyes, use them please do
Look hard in the mirror and see the real you
Not just on the surface but all that's inside
And then you will know what's right to decide
Be big if you're happy or slim if you must
But don't try augmenting a pert little bust
For anyone's pleasure excepting your own
Look in the mirror and love how you've grown
Including the lines and the curves you've acquired
That make you so special and just as desired
In the eyes of the people who really do care
Those who support you and will always be there
Notice the love that shines in their eyes,
And truly reflects your place in their lives
For that's the best measure of you as a whole
And that's the one mirror reflecting your soul