

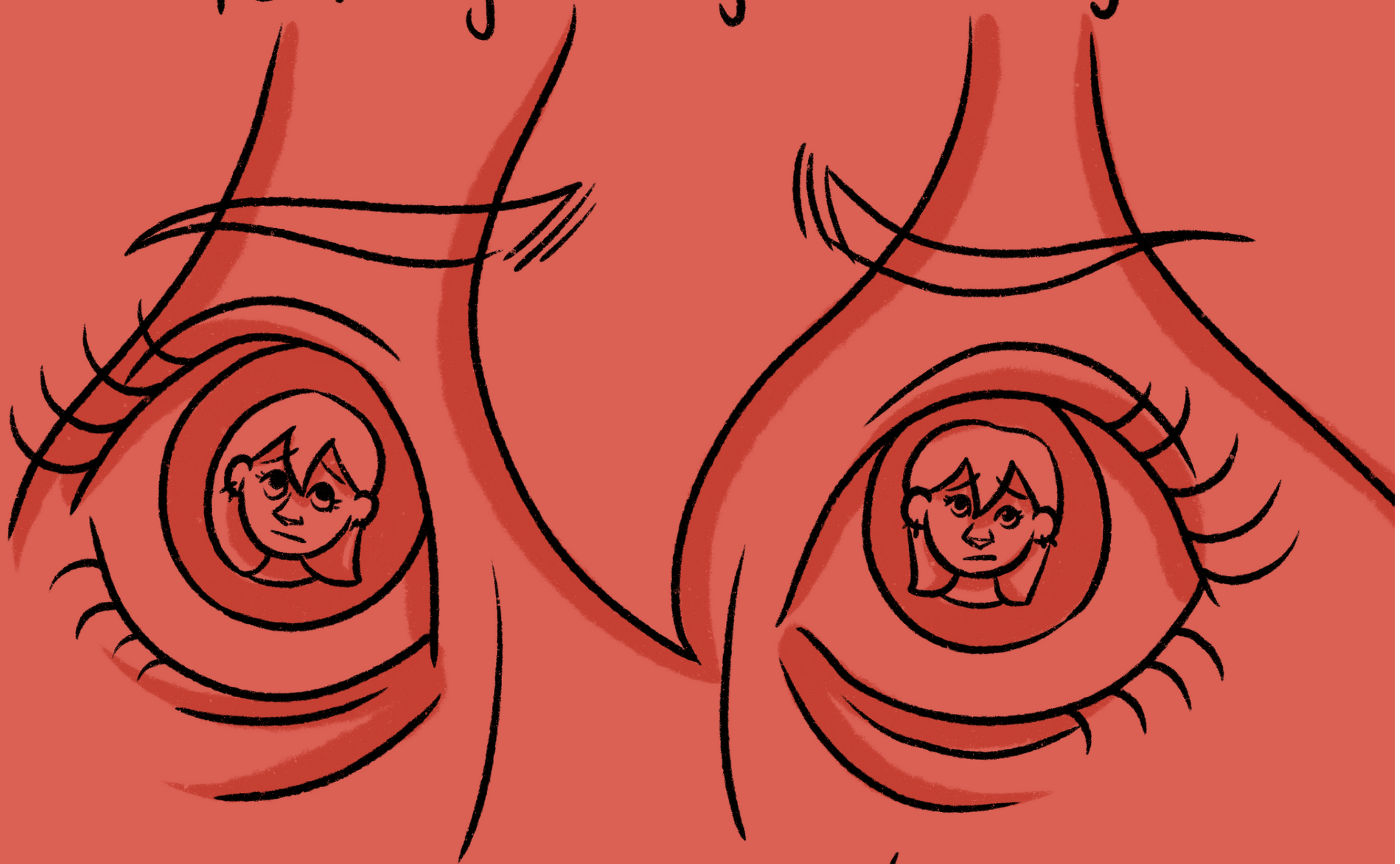
Do you ever let
the mirror
ruin

flow

Your
day?

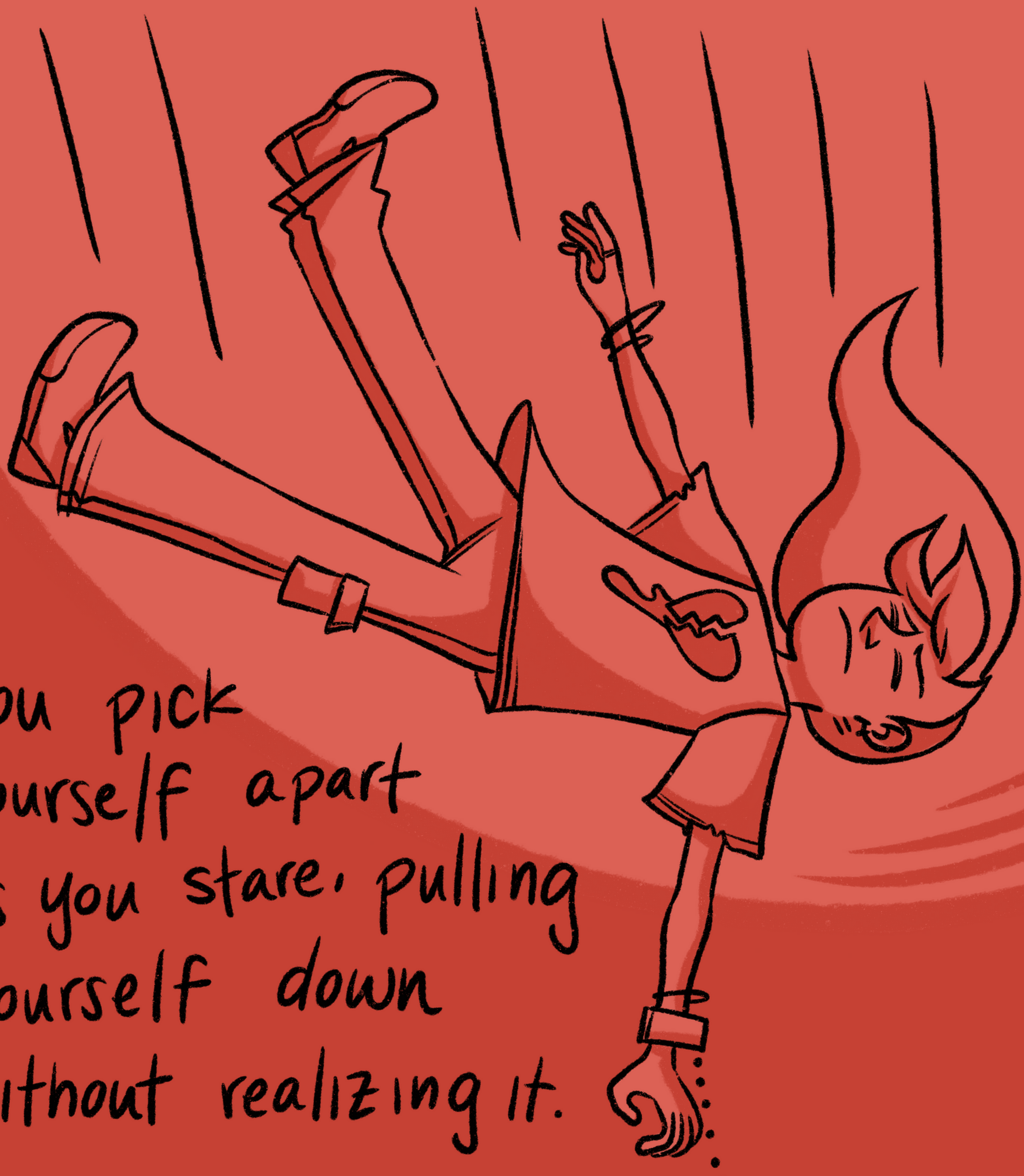


When you catch a glimpse of
your reflection and you can't
tear your eyes away



like you're shackled to it.

You pick
yourself apart
as you stare, pulling
yourself down
without realizing it.



The more
look, you



The more things
just look....
wrong.



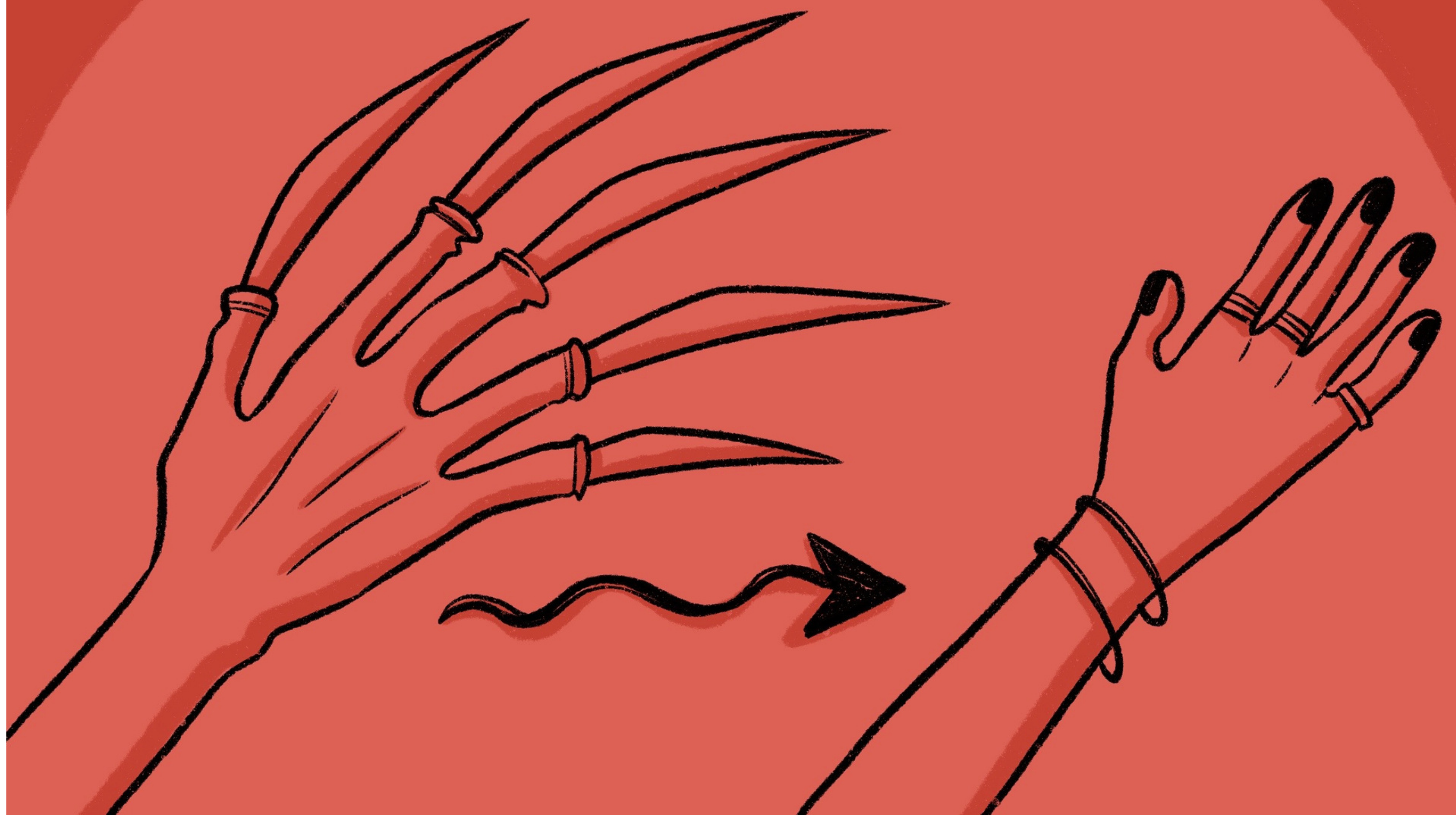
Even when you break away,
you can't seem to shake
what you told yourself
earlier.

Before you know it, the little "imperfections" you had noticed in the mirror have grown,



Changing everything about how you perceive yourself.

The thing is, your worth
has absolutely no connection
to the way you look.





Be kind to your arms & legs,
they help you move around.
Be kind to your torso,
it holds your heart & keeps you strong.
Be kind to your face, it
was made just for you.

At the end of
the day,
though,
your body
is your
"avatar."
It's the thing
that holds you.
And that's
pretty
awesome.

