

November 23, 2021

Letter To Self

Dear Camila,

I hope you know that future you is doing her best right now! After all of the hard situations you thought you wouldn't get through, **you did!** 2016 Sophomore year in highschool is pretty hard, I know. *You're going to get through it.* I sometimes wish you could actually hear your future self, to warn you on who you hang out with and who you share your personal life with. But most importantly I want you to know that life goes on. You are going to come across hard obstacles, but just remember who you are. Don't lose yourself.

It's okay to feel things. Being overwhelmed, confused about yourself, and anxious about the future is normal. We're all human at the end of the day. Remind yourself that literally **NOBODY** is perfect. Move at your own pace. I wish I could tell you to focus on yourself and do things your own way. It's okay though, because you finally understand now. People's negative comments on you and your decisions are worthless! At the end of the day, **YOU'RE** the one who's supposed to feel good. Not them. All these emotions are causing you stress and are also causing you to gain weight, which is also okay because body's change. Remember that everybody's different, and everybody is different. Read that again.

You're 15 right now, so don't go hard on yourself. I understand that you want to get your nails, eyebrows, and hair done like all the other girls, but remember **you** need to take it easy on your parents because they are working hard for you and your brother. Let everyone else live their lives, that has absolutely **NOTHING** to do with you. Acne is a normal part of your teenage years. Once you get older, it'll go away. Buying acne creams is a little beyond because you're not suffering that bad, like others. Also, I think it's wonderful you're taking the time to figure your own hair out. After years of perming your hair and damaging your natural hair, I'm proud of you for working on repairing it. Natural hair products are pretty pricey, but definitely worth it in the end. Things take time, and I wish I would've told you that.

You're going through a lot of health changes. Now that you have PCOS, everything feels weird and different. You're confused on where you're going to end up, and you're in pain. You're also exhausted, I know that. Throughout sophomore year, your PCOS changed a lot of things. It is fine that you gained 20 pounds, and it is okay that you have acne on your chin. You're not the only one going through things, remember that! Also, *remember that your mother is your best friend* and I think it's sweet that she volunteered to pay for your gym membership to start being on top of your health. I know you're being hard on yourself. On top of that, don't let what people tell you get in your way. They're portraying themselves onto you. You're doing amazing, while they're not. I'm just super proud of you to get up and make a change. Emotionally **AND** physically.

Stay strong, the best is yet to come! Remember to **ALWAYS** put yourself first.

Sincerely,
Older you.

P.S
Never give up!