

Dear Guadalupe,

You are currently going into a new era in your lifetime. High school is going to change your perspective on things but remember to always put yourself first. Right now you think that you have to be perfect for guys to notice you. I remember that you currently think commitment in a relationship is so important. You are going to meet this guy in your sophomore year. At first he was the sweetest guy and thought he was the one but please, do not fall in love. Promise me that you will always love yourself first before you love any guy. He is going to put you through so many challenges that is going to mess with you.

I remember you being this confident young girl who was not insecure about anything and I want you to stay that way. Do not lose yourself trying to please a guy. Your emotions matter always, do not be afraid to speak up, if he is not listening to your hurt, leave. Always remember that you are important. He is not worth all the tears you cried, trust me. There is someone better waiting for you in a few years.

We have made some dumb decisions, money is coming your way but please be responsible. I know you think that shirt is cute but you do not need it. Trust me, it is still sitting in our closet untouched. Think a little more when shopping, try not to go overboard and save your money, we need it much more later on in life. When you go on your dates with that boy I told you about, do not pay. He will use you just for that, if he has no money you have no money. You have all the right to be selfish, you will thank me later.

I know you are a strong girl, physically and mentally. However, you can be a little to tough. Stop being so mean to everyone. Especially those who love you. I know that is how we cope and how we are but it gets worse later on. I am still learning but if you start now you will be great later. As for you physically. Keep doing what you are doing and listen to your doctor. Take

your vitamins and stretch before working out, but be careful. I just hurt my leg at the gym and I might not be able to go back because of this injury but if you listen then this would be avoided. We are going to go through more things mentally, We never healed from our heartbreak, we just moved on. Yes, we did break up with Mister Prince Charming but again you will find someone better. You are also going to seek validation and comfort but do not look for that in other people but in yourself. Do not compare yourself to these other girls, they are beautiful in their own way and so are you. Please find healthy habits to help you lose weight and stop starving yourself, it may seem like it helps now but trust me, it is not worth it later on. We had to get on so many things to fix our menstrual cycle because of how much weight we lost so quickly. It messed us up physically and mentally.

Before I go I just want to say, stop being so hard on yourself. Take care of yourself first and protect your heart always. Boys are not important, you're going to find the one but do not rush into it. Stop saying that you are not beautiful because we are and we just have to constantly remind ourselves, to go for walks alone, we like that, and spend more time with mom, she is not as bad as you think she is. She is just protecting us, so listen to her. Remember it is us against the world, we got this.

Love, 20 year old you.