

## **advice to myself**

you don't need to know everything, and that is ok! you will be ok!  
talk to me like you would to someone you admire—Paige or Kitty or Rain  
ask questions, but don't investigate... some things are not meant for your ears  
purchase with intention and then take good care; you want them to last  
fall asleep with a book in your hand and your laptop closed  
be tender with the soft skin around your eyes  
live in the now—in today--tomorrow will be tomorrow  
love unconditionally because anything other than that is not actually love  
make your bed every morning  
feel feel feel. for the love of god and all things good and pure, feel something.  
open your heart, be vulnerable, be soft, be so full of love and cry your heart out.  
replace the airpods with silence—let your thoughts come and go, they won't hurt you  
be kind without the expectation of reciprocity  
walk slower  
breathe deeper  
wrap your arms around your body and give yourself a tight squeeze  
moisturize moisturize moisturize  
remember that you are not your emotions; let them visit  
stop and pause before you speak (and act)  
make decisions only after the fire cools—when the heat dies down  
stretch your body  
when it is over, leave—don't continue watering a dead flower  
assume that people have good intentions, but never ignore your gut  
kiss your friends' faces and tell them that you love them, except Jenna, because that makes her squirm  
if you want to learn how to play chess, you have to practice  
listen more and talk less  
you don't have to do all of it all of the time  
don't assume the worst, and maybe just don't make assumptions in general  
call both of your aunts more and learn who they were and who they are  
remember 15-year-old you? just forgive her already