



I Am Enough

I know this person:



the shape of me
my scent
my curves
and wrinkles
all my moments



On days I tremble,
I give myself
a butterfly hug
and release
not knowing how
to love myself



I remind myself
I am multitudes,
hard and soft
quiet and loud
full and empty
scared and certain



healthy in
my size,
tracing
today's scars,
kissing
parts of me
I can reach,
giving
myself this
gift.



I accept myself
one with sun and stars
toes planted on earth
skin tickled by wind

Zine by
@sharonfrancesme
from "Our Liberation
is Bound Together"

RESOURCES
Grounding
Tapping
Creativity
Breaths
Affirmations

MORE ZINES!!!

