

Don't forget to

lick your lips. wiggle your toes.
cross your fingers.

Have you ever paid attention
to how you *move*?

"Wow you look so
different now,"
they say.

I know—
"Thanks."

CONFIDENCE: it's
a middle finger & chipped nail
got my New Year's laugh lines
s t r e t c h marks 'round my hips
fat thighs bathing suit tan
this big bony ass
gotta love
the skin down to the
[s\k\e\l\l\e\t\o\n] & black scabs

I'm beautiful *don't forget to think that*
I'm alive don't forget to "say" that

every day

& feel the sun's
warmth dr
i
p
into the *mind* fog

ecstasy can be natural it's sitting up |straight|
finishing the water bottle
moving **forward** —what do I want
no ~~question~~ marks

there's a time to trade "i'm sorry" for "i'm happy"

& naked laughter
& rocky road kisses
& awkward smiles with strangers