

Envy's a dangerous game,
Bringing nothing but shame.
I'll let go of my jealousy,
Focus on the good in me.
Comparing brings only sorrow,
So I'll work hard for my tomorrow.
Grateful for what I have today,
Cherishing life in every way.

I strive for perfection every day,
But comparisons make me anxious and dismayed.
I forget to focus on my strengths,
And ignore all the good stuff, at lengths.
Perfection is impossible, I know,
But it's hard to let go.
I'll learn to embrace imperfection,
And celebrate my uniqueness with reflection. Envy's a dangerous game,
Bringing nothing but shame.
I'll let go of my jealousy,
Focus on the good in me.

**Sometimes I don't like who I see,
In the mirror looking back at me.
I focus on my flaws and mistakes,
And all the things I wish I could change.**

I'm my own worst critic, it's true,
And it's hard to see the good I do.
I forget to be kind to myself,
And put my mental health on the shelf.
But I know I'm not alone in this fight,
And it's okay to not feel alright.
I'll try to be gentle with myself,
And remember my worth and my wealth.
I'll work on loving who I am,
And embracing my flaws, every inch and gram.
I'll learn to see the beauty within,
And let go of the doubts that sink in. I strive for perfection every day,
But comparisons make me anxious and dismayed.
I forget to focus on my strengths,
And ignore all the good stuff, at lengths.