

2022 International Essay Contest for Young People

[Children's Category – Honorable Mention]

Self-love

(Original)

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If you don't stand for yourself, who will?

One fine morning, I was enjoying the exhilarating sunrise and at the same time wondering about the way to be happy. My heart suggested that I live my life by doing whatever the heart desires. However, my brain did a little modification on this suggestion and advised me to do whatever is right for my life to make it brightful like the rainbow colors. Of course, for this time I had to apologize my heart and listen to my brain. Well, this was exactly the moment I realized the meaning of self-love. The real me, my worth and that I can actually do something not only something but a lot of things because where there is self-love there is endless happiness.

Being in an era of competitive and innovation-driven world, the one factor that plays a significant role in the phase of life development is self-love. It is said, "Give yourself the same care and attention as you give to the person you love." And I strongly believe that unless you accept yourself, adore yourself no matter what your skin color is, what size you are of, you cannot expect the world to love you, to accept you. Not a long ago, one of my pals asked me, "Who is the hero of your life?" Without any hesitation I answered I am the hero of my life. Well, you are the hero of your own life. If you take a deep look in the mirror the person you see is the only one that aids you throughout the life. We ourselves are the leader of our own life. So, accept it focus on yourself boost your confidence up and never give up.

Well, I must admit the fact that there is so much power in knowing who you are, unapologetically embracing yourself and loving yourself. Once, I was a girl with no self-love. I would look straight in the mirror and regard myself as the most unappealing girl god has

ever created. I missed hundreds of opportunity just because I lacked self-love, just because I didn't know real me. Later my realization turned my uncharming life into charming one. I know who I am, I know what I do. Now that I am practicing self-love, opportunities are pouring on me. So, I make sure not to miss any opportunity that come by my hand. That's why today, I am drafting this essay to be a part of the International Essay Contest organized by GOI peace Foundation, Japan.

Nowadays, people are all after wealth. They are swamped, don't even have time for themselves and are striving for success. Little do they know that without self-love no matter how hard a person works he/she will only be able to work for money but won't be able to make money work for them. If they aren't able to love and nurture themselves then how could they expect to succeed? How? I wonder. How do millionaires become millionaires? Simply, by regulating self-love in their life. The word "self-love" is small but it holds tremendous power to rule over the world and most importantly people's hearts. For instance, Cristiano Ronaldo. He is ruling in the heart of every football fan out there. From a son of a peasant to the most followed figure. Behind all of this was self-love. Self-affection is indeed, the biggest glow up.

One thing one should never ever forget in their life is that your perception of yourself affects the way other people perceive you. It isn't late yet. Follow what's good for you, Believe in yourself, chase your dreams. Together you and your friend in the mirror can do it. At last but not the least I would like to answer the question I left at the top. Yes, it is you and only you who is going to stand by your side forever and ever.