



# Dear Girl

*L*etters to  
inspire next  
generation  
of leaders

Special edition



Oct.2024

# EDITOR'S NOTE

There have been several calls to introduce a girls corner in our magazine "237women on the move" to celebrate young girls who distinguish themselves and inspire their peers to walk in the same light.

So when "I am human" called and shared this brilliant idea with us we answered. We are excited to collaborate and bring this vision to life.

So many young girls out there are trying to figure out what the future holds,we hope these letters will inspire thousands of girls and encourage them on this journey.

This special edition is the first step to introducing our "girls' corner". We hope that every girl out there who reads this will be inspired in one way or the other to live up to thier God given potential. We look forward to reading from you in the next édition.

Dear Girl, kindly share with us which letter inspired you the most and why,share your dreams and aspirations with us via mail on : 237womenonthemove@gmail.com and lets link you up with the women who will support you on your beautiful journey. Happy international day of the girl child.



*Ngobesing Linda Neh*

**Editor-in-Chief**

**237 women on the move**

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# MESSAGE FROM VISION BEARER

## *DEAR GIRL* CAMPAIGN

### *Embracing the power within*



When I was young, I lost my father. It was a pivotal moment in my life—one that could have easily defined me as fragile, vulnerable, or just a girl who had experienced too much too soon. With all of that and starting a job in an environment where we needed to prove our capabilities, I found myself filled with a desire to be seen as more than just a girl. I wanted people to see my grit, my strength, and my abilities, which had been forged through pain and perseverance. The Dear Girl Campaign is born out of that same fire. It is my personal response to the countless times I questioned my power, doubted my voice, or wondered if the world would ever see me as more than a label. I believe many girls and women face this dilemma—feeling boxed in by society's expectations. But what I have learned, and what I want others to know, is that every challenge, every doubt, and every mistake is part of the journey that builds the incredible women we are.

Unbeknownst to what the future may still hold, and looking back at my journey I can say I am living through what I call the THREE Ps of my life: Pain Passion and Praise. But this isn't just about me, it's about the millions of others who can see themselves through these words. Through this campaign, I aim to remind every girl who has ever questioned their power that, in a world full of reasons to fail and questioning ourselves, there are even more reasons why our voices matter.

The letters in Dear Girl come from individuals who embody the essence in everyone, these amazing women represent diverse backgrounds, journeys, and experiences. They speak to the highs and lows, the triumphs and heartbreaks, but most importantly, they shine a light on the power that lives within each of us reassuring us that there is hope and beauty in each of our individual journeys.

My hope is that every girl (Woman) who reads these letters will understand the strength that she possesses, even when it seems hidden under the weight of mistakes or doubt. More importantly, I want women to be kind to their past. We often carry our mistakes like a burden, forgetting that they are part of the growth that make us resilient. To truly embrace our future, we must show compassion to our younger selves, the version of us that tried, fell, but got back up each time.

Dear Girl is not just a campaign; it's a movement of voices—voices that matter, voices that have power, and voices that will change the world. And I hope that through this journey, each reader will find the courage to speak up, stand tall, and take up space, knowing that their story is important.

With love and strength,

**Velveeta Viban**

**Author of the Dear Girl Campaign**

**Founder of I'm Human Organization.**

**"Every time you rise after you fall  
It is a reminder that challenges  
are meant to be overcome"**

**Gladys Shang Viban**



**"Don't let fear silence you or  
steer you off your path. Hold  
onto your dreams, even when  
they feel too big or too far  
away. They are yours for a  
reason."**

**Dr. Jill Lopez**

**"Keep thriving on principle of  
excellence, in everything you do  
be on top of your game, it has  
paid off and it will always pay  
off."**

**Minister Minette Libom Li Likeng**

**"Set goals that ignite your  
passion and purpose. These  
dreams will light your path  
and guide you through the  
challenges ahead. Embrace  
them fiercely, because they  
are what make you 'you' "**

**Commy Mussa**

**"It doesn't make you  
unkind; it makes you true to  
yourself. Boundaries are a  
form of self-respect. And as  
for risks? Taking them is  
how you grow."**

**Jessie Atogho Ekoukole**

**"There is room in this world  
for you to be both a pillar for  
others and a person who  
thrives in her own right. You  
matter. Your voice matters.  
Your story matters."**

**Estella Muma**

**There are lessons in the experiences you have, the people you  
meet, the successes you encounter, and the hardships that  
burden you. Just trust the process.**

**Amay Singh DrPH, MPH**

**"No matter where you are or  
what mistakes you've made  
in the past, you can choose  
today to be different. You  
are uniquely gifted and  
equipped for this journey  
called life"**

**Anne Obize**



**What will bring you true peace  
is understanding the Spirit of  
God—walking with Him daily,  
hearing His voice, and  
allowing His presence to guide  
your every step.**

**Sahndra Fon Dufe O.**

**"You need to take care of  
yourself and this can be in  
several different forms:  
exercise, nutrition, religion,  
meditation, therapy, walking.  
There is no one way to heal  
and you do have to be patient  
with your body. "**

**Brenda Chuinkam**

**"The world needs your light,  
your perspective, and your  
courage. Keep dreaming, keep  
sharing, and keep shining  
brightly. You are powerful,  
and your story deserves to be  
celebrated."**

**Tynoe Chirewa-Kaitano**

**"Keep exploring, learning, and  
dreaming big. Your future self is  
cheering you on every step of  
the way"**

**Lorette Ching'andu**



**"Never crawl into your shell to  
hide when the going gets tough.  
You need to set the pace."**

**Mara**





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## Dear girl

Dear Girl,

It was a very good thing that you took out time to ask yourself specific questions about your future , that you often sought answers and wanted to start defining what kind of person you want to become in society at an early age.

Your desire to become a role model for others to emulate made you work extremely hard that you always emerged Top of the class right up to university level when you still came top in

Bachelor of Economic Sciences (Economic Analysis and Policy Option) and in the National school of administration and Magistracy where you were first in the Diploma of Financial Inspection (Customs Option)

Later in life you distinguished yourself in so many areas that your light go unnoticed by the highest authority in your Nation His Excellency Paul Biya president of the republic who has appointed you to several positions of responsibility including your current position as Minister of post and Telecommunications which you have held for 9 years.

***keep thriving on principle of excellence, in everything you do be on top of your game, it has paid off and it will always pay off.***

I am not surprised at your achievements because you have carved a place for yourself in the sun early enough.

My girl, I look at all your achievements and I am proud of the glass ceilings you have shattered and how you have evolved in this society that makes it tough for women.

- 1984-1988: Visiting inspector at the main office of Yaoundé Gare;
- 1988-1990: Head of the IT liaison service at the Littoral Customs sector;
- 1992-1995: Research Officer No. 2 at the General Secretariat of MINEFI;
- 1995-2002: Verifying inspector at the Central Customs sector;
- 2002-2004: Head of the Legislation and Litigation Division at the Customs Directorate;
- 2004- April 2008: Head of the Legislation and International Cooperation Division at the General Directorate of Customs;
- 2002-2004: Relay for the Director of Customs and ensuring all interim cases;
- 2004-2007: Relay for the Director General of Customs and ensuring all interim cases;
- 2008-2015: Director General of Customs;
- 1997-2007: Part-time lecturer at ENAM;
- 1999-2003: Member of the Permanent Secretariat of the Customs Reform Committee;
- 2000-2007: Head of the Customs Section at the Financial Administration Division of ENAM;
- 2014-2016: Vice-President of the World Customs Organization for the West and Central Africa Region.
- Founding President of the Cameroon Customs Women Association (CCWA)

Oh dear! You probably didn't prepare for leadership but here you are, leading one step at a time. I would have encouraged you to motivate the girls in your class and the neighbourhood to fight for a place at the top, to identify problems and propose concrete solutions, navigate through life's challenges, and always be poised to contribute to change, because that is a great way to excel! Leaving no one behind. However, I am proud of the girls you support today and lead. If there is one thing I will have you do all over again, it is to keep thriving on the principle of excellence, in everything you do be on top of your game, it has paid off and it will always pay off.

**Minister Minette Libom Li Likeng**





*“It doesn’t make you unkind;  
it makes you true to yourself.  
Boundaries are a form of self-  
respect. And as for risks?  
Taking them is how you  
grow.”*

## Dear girl

I know right now you feel uncertain, insecure, and often afraid to say no, even when it’s what you truly want. I’ve been there. I used to be shy, constantly doubting myself, and scared to take risks. But let me tell you something—you are stronger than you realize.

You will face challenges, and there will be times when you want to shrink into the background. But your voice matters. Be yourself. What you think, feel, and believe has value, and the world is waiting for you to step forward and share it.

The most important lessons I learned at 40 is that it’s okay to say no, at 50 is to say my piece. It doesn’t make you unkind; it makes you true to yourself. Boundaries are a form of self-respect. And as for risks? Taking them is how you grow. Don’t be afraid to step out of your comfort zone because that’s where the magic happens.

Remember, you can do anything you set your mind to. Dream big. Your dreams now may seem far away, but they are within reach. Keep pushing forward, intentionally, even when things get tough, because you are capable of incredible things.

Live your dreams and never let anyone tell you they’re too big. Your voice, your ideas, and your strength can change the world—one step at a time. Believe in yourself as much as I now believe in you.

With love and confidence, Your Older, Stronger Self

**Jessie Atogho Ekukole**



*"Don't let fear silence you or steer you off your path. Hold onto your dreams, even when they feel too big or too far away. They are yours for a reason."*

## Dear girl

You are stronger than you realize, and the world needs that strength. Along the way, people will doubt you, and at times, you may even doubt yourself. Don't let anyone—or anything—stand in your way. Your voice is powerful, and you deserve to be heard. When life gets hard, and it will, don't carry it all alone. Ask for help when you need it. There's no shame in reaching out—it's a sign of wisdom, not weakness.

Trust your gut. You know what's best for you. There will be moments when you'll second-guess your decisions, and that's okay. But deep down, you know what you're capable of. Don't let fear silence you or steer you off your path. Hold onto your dreams, even when they feel too big or too far away. They are yours for a reason.

Remember, the world needs your story. Your voice can make a difference, and your experiences, no matter how challenging, are shaping you into someone truly remarkable. So stand tall, keep moving forward, and don't ever forget—your journey is uniquely yours, and it's one worth fighting for.

With all my love and belief in you,  
Me

**Dr. Jill Lopez**  
**CEO of Vet Candy**





My special one,

I'm writing to you from a place of love and understanding, and I want you to know just how incredibly special you are. Life may feel like a rollercoaster right now as you navigate your way through understanding yourself and the world around you. You'll see countless messages in stories and movies that might make you wonder if you're beautiful enough, smart enough, or where your place is in this vast world. Relax, my dear—there's no rush. You are enough, just as you are. Your beauty is unique, and there's no one else like you. So please, stop comparing yourself to others—you shine like no one else can!

*“Set goals that ignite your passion and purpose. These dreams will light your path and guide you through the challenges ahead. Embrace them fiercely, because they are what make you ‘YOU’ ”*

As you journey through life, dream without boundaries. Set goals that ignite your passion and purpose. These dreams will light your path and guide you through the challenges ahead. Embrace them fiercely, because they are what make you \*you\*.

Books will become your best friends and greatest escape. They will take you to places you've only imagined, offering perspectives and wisdom that will help you grow. Education is your passport to the world, and every story you read reminds you that you're not alone—there are girls just like you navigating their own journeys. Write your own story; your voice matters.

Challenges will come, and while they may feel daunting, each one is an opportunity to learn and grow stronger. Embrace these moments, and surround yourself with those who uplift and encourage you. You deserve that support! And remember, you don't need anyone else's approval to feel worthy. Your worth comes from within. Celebrate your journey, your dreams, and the beautiful person you are becoming.

With all my love and warmth,  
**Commy**

**Comfort Musa**

# Dear girl

I trust you're feeling great about yourself and life! I'm writing to remind you that the only real limitations in life are the ones we unconsciously accept and place on ourselves through our beliefs. These beliefs are often shaped by our environment and circumstances, which may not be our fault.

But here's the truth: You are the greatest shareholder in your life. The decisions you make today can change the entire trajectory of your life and destiny over the next 5-10 years. You might be wondering how I know this—I'm living proof. I grew up in a place where being average was the norm and negative influences were all around. I watched some of my classmates drop out of school after becoming pregnant in junior high, while others chose to live "bigger than their means" because of peer pressure and a need to feel valued. Yet, despite these challenges, I stood out.

It wasn't easy. I fell at times, but thanks to the timely intervention of mentors, I was able to retrace my steps. And now, as I write to you, I want you to know that no matter where you are or what mistakes you've made in the past, you can choose today to be different. You are uniquely gifted and equipped for this journey called life. The colour of your skin, the shape of your face, your body, and even the country you were born into—none of these things are accidents. They are all intentional. You have a purpose on this earth, and you were designed just the way you are because your life is meant to fill a need and gap in this world.

Always remember this one thing that has transformed my life is my commitment to growth, learning, and exposing myself to new experiences. The fact that you're reading this letter shows you're already on the right path, so keep going! embrace the discipline and price of growth, especially in these early years. Commit to discovering your uniqueness—your strengths, abilities, and passions. Focus on developing your mind. While we can do little to change our physical appearance (like growing taller or shorter), the mind holds limitless potential for radical growth. Invest in it.

With love and belief in you,

**Anne Obize (MacAnne)**

**Corporate Event Host, Personal Development Strategist & Social Entrepreneur.**



*"No matter where you are or what mistakes you've made in the past, you can choose today to be different. You are uniquely gifted and equipped for this journey called life."*



# Dear Girl,



As I sit here, writing to you in your pre-grade school uniform, I'm filled with a mix of emotions - pride, gratitude, and a hint of disbelief. Right now, you're just starting your journey, and you have no idea where life will take you.

But I know. I know that you'll face struggles and triumphs, make mistakes and learn from them, and grow into a person you never thought you'd become. And that's what makes me so proud of you.

You're curious, eager, and full of life. You love learning and exploring, and that spark will only continue to grow brighter. You'll discover passions and talents you never knew you had, and you'll make friends who will stand by your side through thick and thin. Fast forward to today, and I'm amazed at how far you've come. You've achieved things you never thought possible, and you've grown into a strong, resilient, and compassionate person. You've faced challenges that seemed insurmountable, but you've persevered and come out stronger on the other side.

I know that right now, you can't imagine the incredible journey that lies ahead. But trust me, it's worth every step. Keep being your amazing self, little one. Keep exploring, learning, and dreaming big. Your future self is cheering you on every step of the way

With love and pride,

**Big Lori**

**Loretta Ching'andu**

**“Keep exploring, learning, and dreaming big. Your future self is cheering you on every step of the way”**

# Dear girl



As I reflect on my journey, I want to remind you that your voice is a treasure, and your story is a vital part of the world. There were times when the challenges felt overwhelming when doubt crept in, and I questioned my path. But through those trials, I discovered the incredible power of resilience. Each setback was not the end but a lesson, a chance to rise stronger.

**"The world needs your light, your perspective, and your courage. Keep dreaming, keep sharing, and keep shining brightly. You are powerful, and your story deserves to be celebrated."**

Embrace your fears; they are a natural part of growth. Remember the moments when you stood up for yourself, even when it felt daunting. Those instances revealed a strength within you that you may not have recognized. When the world seems heavy, find your center and speak your truth - you'll be amazed at the impact it can have.

Never shy away from dreaming big. Our aspirations are not too lofty; they are our guiding stars. Education has been our greatest ally, a key that unlocks countless opportunities. Cherish every moment of learning, for it shapes your future and empowers you to make a difference.

You are not alone on this journey. There are girls around the world who share your experiences, and your story can ignite a spark of hope in their hearts. Let your voice be heard - your words can inspire others, encouraging them to embrace their own narratives.

Always remember your uniqueness is your strength. The world needs your light, your perspective, and your courage. Keep dreaming, keep sharing, and keep shining brightly. You are powerful, and your story deserves to be celebrated.

With all my love and encouragement,

**Tynoe Chirewa-Kaitano**





# Dear girl

You've always been ambitious, bold, feisty, and adventurous, and I want you to know those qualities will serve you well. You will chase your dreams, and yes, you'll move to L.A., try acting, writing, and live out the visions you hold in your heart. But there's something I want you to know, something deeper and more powerful than anything you've imagined.

God is everything, dear young Sahndra.

I know you've heard this before—in church on Sundays, at “Bong sui ru” meetings, in Lamnso, in English, from nuns singing in prisons. You've studied religious studies, memorized Bible stories, and examined them for your advanced-level exams. But the truth I want you to hold close is this: it's not just about knowing the stories. It's about living in the Spirit that guided those who wrote them.

You're already filled with joy, but what will bring you true peace is understanding the Spirit of God—walking with Him daily, hearing His voice, and allowing His presence to guide your every step. When you have children of your own, let them be filled with the Holy Ghost from a very young age. Let them grow up knowing they are set apart, consecrated to God. This world is noisy, but they don't belong to it—they belong to Him.

I love you, young Sahndy. You are strong, you are brave, and you are loved more than you can imagine. But even more than I love you, God loves you—deeply, unconditionally, and eternally. And trust me, He is very real.

With all my love,  
Sahndy

**Sahndra Fon Dufe Okeowo**  
Writer, Communications Specialist & Author

**“What will bring you true peace is understanding the Spirit of God—walking with Him daily, hearing His voice, and allowing His presence to guide your every step.”**

# Dear girl

Can we talk? I see you. I hear you. I feel you. I know you. Yes, I know you are feeling uncertain, unloved, unseen, unbeautiful, rejected, and dejected. Well, let me tell you something that I've learned along the way as I journey inside. You are stronger than you know. Life will test you in ways you can't imagine, but each challenge will make you more resilient, more compassionate, and more aware of your own power. You are like Teflon girl! Trust me. I know.

There will be times when you feel like giving up; when the fear of failure consumes you. But in those moments, remember that every step you take is progress, even the small ones. Don't rush your journey—give yourself grace to grow at your own pace. One of the hardest lessons I've learned is that you don't have to be perfect. Strive for excellence. Perfection is only of God. You're allowed to make mistakes and to fail, but you are NOT a mistake because you made one. Learn from those failures. Don't let fear hold you back from chasing your dreams.

You are YOU, and the world needs the unique gifts you have to offer. Remember, nothing can dim the light that shines from within. Keep your heart open, even when it's been hurt. There will be disappointments, but you will also find love, joy, and purpose in unexpected places. Surround yourself with people who see your worth and remind you of your AMAZINGNESS!

Hold on to your dreams, no matter how big or small. They matter! You matter! And every time you rise after you fall, it is a reminder that challenges are meant to be overcome.

Dear Girl,  
Go out there and challenge your world! You got this!

With all my heart,  
A Wiser You

**Yaah Gladys Shang Viban**



**“Everytime you rise after you fall  
It is a reminder that challenges are meant to  
be overcome”**



# Dear girl

I'm writing this letter to remind you just how phenomenal you are. I wish you knew that being unapologetically yourself is your greatest strength. Your upbringing, the values you hold, your precious gifts—cherish them always. Everything about you radiates beauty, passion, an intelligence.

Here's what I've learned: Don't worry about what people say or think about you. People will make up stories for their own benefit, but the only truth that matters is what you know in your heart - just as your mother told you. When life frustrates you, channel that energy into helping others. Stay away from gossip—it's toxic and beneath you. Remember, you are enough just as you are. Your talents, your kindness, and your inner light will take you far. Trust yourself, because you are the one who holds the power to shape your destiny.

Challenges will come, but they will make you stronger. People may try to diminish you, but you will always find a way to rise above and prove them wrong. You've already overcome so much, including your own doubts and health struggles. Know that life's hurdles will only help reveal the best version of yourself, and that person is truly remarkable!



Hold onto your dreams, no matter how big or small. Dream of greatness, run, jump, be an Olympic champion in whatever field you choose. Believe in your worth and keep faith in your heart, even when the world doubts you. You are unique, and the world needs what only you can offer. Love yourself fiercely. Follow your heart—it will never lead you astray. You are enough. You are valued. And you are somebody.

With love and belief in you always, Your Older Self!

**Lumbie Mlambo aka “The Water Lady!”**

**Simply me, a vital voice for the voiceless**

***Know that life's hurdles will only help reveal the best version of yourself, and that person is truly remarkable!***



# Dear girl

You came into the world as a quiet warrior. Even before you could speak, you earned your place in this family—daddy's precious one. It might feel heavy, being born to a mother who mourned the loss of several babies she could never hold. While she waited anxiously for the arrival of your siblings after years of heartache and loss, she still cherished you with the deepest love imaginable. As your mother faced more childbearing challenges, you took on roles far beyond your years. At eleven, you were rocking your infant sister to sleep and changing diapers. At thirteen, you were packing school lunches and cooking lunch for the entire family as well. You became a second mother, a caretaker, and a role model to siblings who looked at you with eyes of admiration. It wasn't fair, I know. But I want you to embrace this truth: even when it felt like you were too young to be so responsible, you grew into a woman with an extraordinary heart. The patience, resilience, and love you poured into your family has shaped and will continue to shape the leader you're destined to be.



Along the way, there have been lessons learned, challenges you've overcome, and dreams you have held on to: You learned that your value is intrinsic and doesn't depend on fulfilling others' expectations or taking on responsibilities too early. You are more than what you can do for others; you have your own dreams and growing up in a home where loss and hope coexisted taught you how to be both resilient and compassionate. You learned how to find strength during challenging times and show kindness to those who are struggling, including yourself.

Defining your own identity outside of being a "second mother" was difficult. It took time to realize that while caring for your siblings was an important role, it did not encompass all of who you are. The fear of not meeting expectations—whether your own or those of your family—loomed large. You had to overcome the anxiety of perfectionism and accept that mistakes are part of growth.

Dreams to Hold On To:

**Pursue Personal Passions:** Dream of the career, lifestyle, and ambitions that are uniquely yours. Your journey has prepared you to succeed not just in helping others but in fulfilling your own aspirations.

**Build a Legacy of Empowerment:** Dream of a future where you can use your experiences to mentor other young girls who feel burdened by responsibilities. You can be a beacon of hope, helping them see that their dreams are valid and attainable.

**Achieve Balance and Harmony:** Dream of a life where you can honor both your commitments to loved ones and your personal joy, free from guilt or pressure. The balance you seek is possible, and you can create a life filled with both purpose and fulfillment.

*"There is room in this world for you to be both a pillar for others and a person who thrives in her own right. You matter. Your voice matters. Your story matters."*

So, dear girl, I hope you know that it's okay to still dream for yourself. To be strong, but not invincible. To succeed without sacrificing your joy. There is room in this world for you to be both a pillar for others and a person who thrives in her own right. You matter. Your voice matters. Your story matters. And someday, you'll see that everything you've given will return to you tenfold in ways you never expected.

With love

**ESTELLA N. MUMA LLM,  
COMPLAINTS/OPERATIONS EXECUTIVE. WASHINGTON D.C.**

# Dear girl

*There are lessons in the experiences you have, the people you meet, the successes you encounter, and the hardships that burden you. Just trust the process.*

All the hopes, dreams, and goals that you have always held close to your heart have come true or are in the works- but not in the way that you expected nor on the timeline you set out for yourself- and that's okay. Life has a funny way of working itself out and nudging you on the path you are meant to go on. At the time it may feel frustrating and fruitless when you veer off the course you believed was best for yourself, but in hindsight, that detour has helped you towards your goal while still honoring your true self. It's important to remember that through it all, you are the only one who defines your success, and that begins with gratitude.

Be grateful for the wins and losses.

Be grateful for the smiles and the tears.

Be grateful for the love and heartaches.

Be grateful for the relationships that withstood all storms and those that have their seasons.

Be grateful for those who led you to this moment, those who are here now, and those who you have yet to meet.

Be grateful that the universe has put you here to experience all the different colors in this world of prisms.

Be grateful for being you.

There are lessons in the experiences you have, the people you meet, the successes you encounter, and the hardships that burden you. Just trust the process.

I am so proud of you and how far you have come while staying very close to person that you have always been. I hope you are proud of yourself too. Your validation is the only one that matters. Never lose that.

I love you and you are, have always been, and always will be, my favorite person.



**Amay Singh DrPH, MPH**



# Dear girl

I say all this not to boast but to encourage. I know it can feel like your circumstances won't ever change but let me be the one to tell you, they can and they will if you do something about it.

You could read more to see what women before you have achieved and how they achieved it. You can use the internet to research how you can be of service in your own little way. This could mean taking an online course or attending virtual conferences to provide you with the tools you need.

You need to take care of yourself and this can be in several different forms: exercise, nutrition, religion, meditation, therapy, walking. There is no one way to heal and you do have to be patient with your body. Try to be that person who stands up for the voiceless, even when you don't think you have a voice.

I can't wait to see what you become!

You got this.  
I'm rooting for you!  
Xoxo  
Brenda Chuinkam



***"You need to take care of yourself and this can be in several different forms: exercise, nutrition, religion, meditation, therapy, walking. There is no one way to heal and you do have to be patient with your body. "***

# Dear girl

Life so far hasn't been easy but it's been worth living . You used to be shy , lacked confidence and never saw the good in yourself. You used to let peoples opinions get to your head but I'm happy you've gotten to a place in life where you've grown past the shyness and lack of confidence etc . You've come to realize the only opinion that really matters in life is yours and you've not let go that dream and drive. Please never let go off your dreams and passion. You used to love music and drawing when you were little. You used to draw with so much passion while singing which made you and those around you call you a star. I still see that light in you. Please don't ever let those dreams go. You are a STAR !!!

You are a voice , a game changer , an influencer , a movement in your generation. Never crawl into your shell to hide when the going gets tough . You need to set the pace. You are that powerful. Your words can change a generation. You are a leader, you are a queen and queens need to be listened to. Don't ever drop your crown, hold it up and speak your truth !!! . I believe in you. I see hope . I see a bright light. I see a leader. I see a conqueror. So dear girl, keep holding on. I see you

Love , your future self .

**MARA**

**“Never crawl into your shell to hide when the going gets tough .  
You need to set the pace.”**





