



What is the definition of worth? When seeking out self worth, where does one typically look? More importantly, why do so many of us look for our own self worth in the hands of men? Seeking reassurance, validation and recognition for those who have no idea what the true complexities inside of our brains consist of? Our worth coincides with the beauty each of us possess- inside and out. Men are not, nor have they ever been, the answer.

When lacking self-love, self-worth, and self-esteem we always tend to turn to a comparison unto others. Comparison is the gateway to a self ha-

tred which is projected onto the fellow women we are surrounded by everyday. Rumors, gossip and bitterness come to surface for no other reason than our own insecurities. I'm sure we've all heard the saying: "I have more guy friends because there's less drama." But why is there less drama? It is because of the constant seeking of a physical or mental validation that men provide with their body language or testosterone. Barriers are built within the female community which inevitably leads to trust issues with one another.

We weren't molded to look the same. We were made to be different and to be someone who goes against the grain rather than someone who is like everyone else. What's so special and unique about being the girl on twitter who talks down on other females in order to feel some sort of comfort in her own skin? Appreciate beauty. Appreciate your own beauty and mind. Appreciate the beauty others possess because they are their own person. We are not simply the lump of rock we see when we look in the mirror; we are the sculptures. We are the Sistine Chapel in Michelangelo's vision; we are the Starry Night on Van Gogh's canvas; we are the Mona Lisa; we are art. Our bodies so perfect-

ly created so that we may bring life into this world. So that we may quite possibly be the most beautiful creatures on this planet. So that we may be the ones to acknowledge our own strengths as women.

"For most of history, Anonymous was a woman," -Virginia Woolf.

Our voices have been diminished by the likeness of men all of history. From being "owned" by our husbands with no sense of control or independence, to now: fighting for the right to our own bodies and the choices we need to be allowed to make as women. Everyday the battle creeps onward and our enemies multiply. Except, the number one person we consider a threat is another woman. Why? You scared your boy toy will cheat on you with another woman? Let her have him. A "man" who will lessen your sense of self-worth isn't worth your time, loyalty, or effort. Let that BOY go.

It is absolutely liberating to thrive in your

Dear Sisters,

own skin- To love yourself the way you were intended to. Knowing that your beauty isn't measured by some scale of 1-10, or the Instagram models showing off their flat stomach and big booty; your beauty is measured by the intelligence, strength, wisdom and worth you find within yourself. However that scale has no stopping point. We will always continue to grow and to blossom our flowers. In order for the flowers to flourish they need to be watered, they need sun, they need to be in the right environment. We are our own garden and we grow our own flowers. Appreciate what you have grown, cut the weeds, watch the pedals blossom and fall with every season.

My worth is not up to anyone else to decide. Your worth is not for anyone to judge or determine. Our worth is not a point for others to discuss behind our backs or over a screen. Our worth is what we make of it, so let's make it valuable (and expensive too, because damn... we look good).