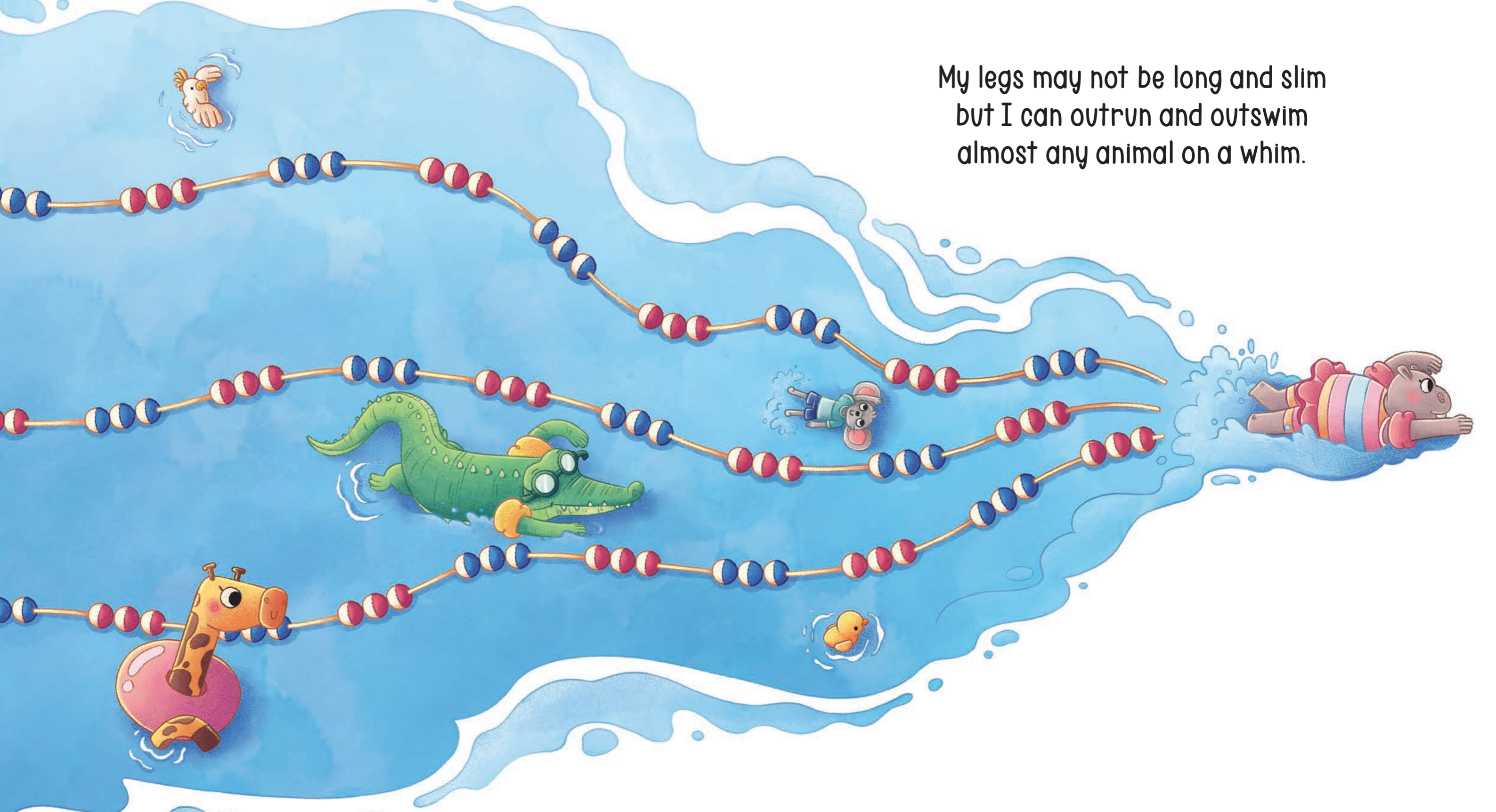


My legs may not be long and slim
but I can outrun and outswim
almost any animal on a whim.



When I do remember to
stick up for myself,
I find courage, calmness,
clarity and strength.



When I focus on my strengths,
instead of my flaws,



I am
big, bold, beautiful
and deserve the applause.

