

Nobody  
Knows me better  
than I know  
myself.



by. Reia thompson gilbert



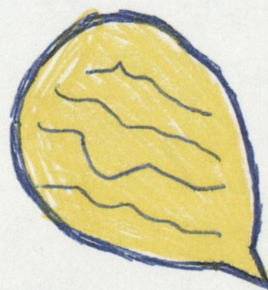
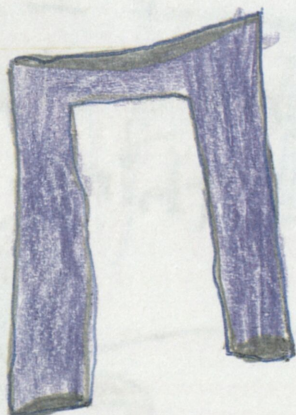
Hi, my name is Ofelia. Sometimes people tell me I am something that  
know I'm not, or that I can't do something because of who I am.





That's

just not right! And it hurt not just my body, but it hurt my heart.

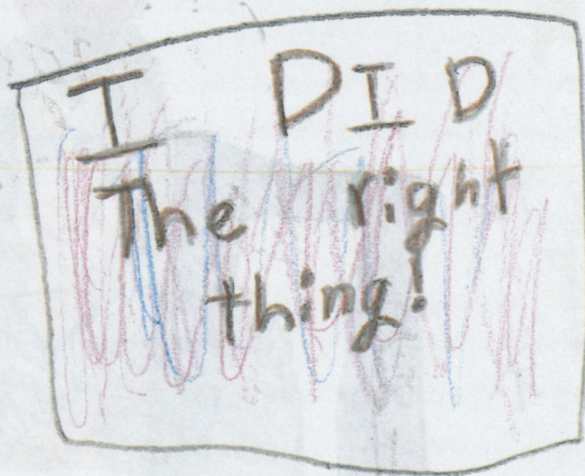




So,

the next day I went out there and said, "I DON'T CARE WHAT YOU SAY, I AM WHO I AM, AND I LOVE MYSELF JUST THE WAY I AM."

# Stop





u ✓ They looked surprised.

I was happy I knew I did the right thing.



I stood up for myself  
and it made a huge change.

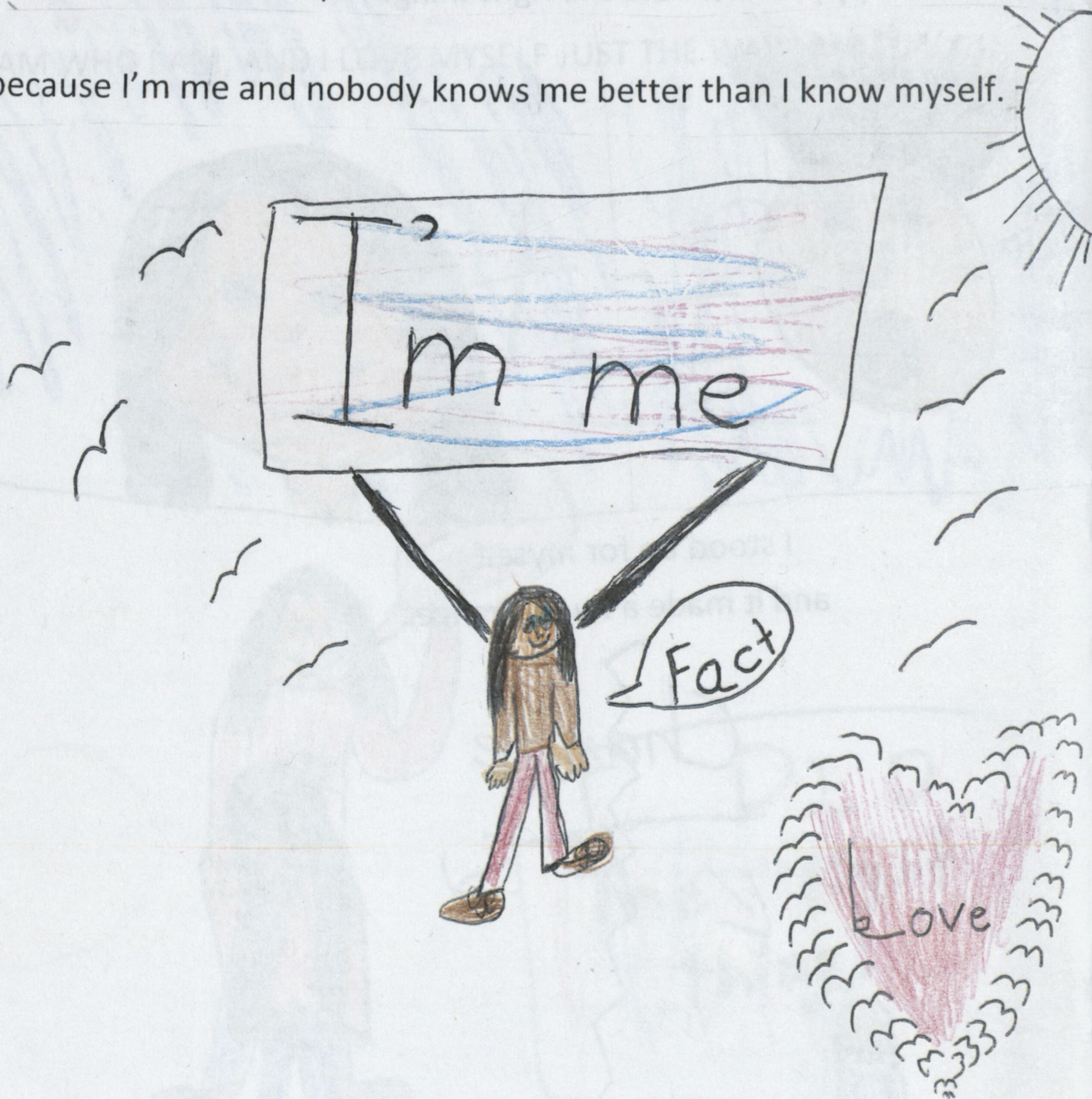
Change





The next time someone said something I

didn't like I stood up tall and said I know what's true about myself,  
because I'm me and nobody knows me better than I know myself.







*Just know you're amazing just the way you are and no one can change that.*

You dont need  
to listen to  
anybody except  
for yourself.

You can do  
anything.



