

Inner peace, I got that. My enemies are flashbacks.  
I don't need that call back. Eat your greens and relax.  
I'm just chilling for the weekend. I don't need to have a reason.  
I leave my phone on silent. Oh, do I love this silence.

Eat your greens and relax, face mask on and chill back, matcha tea and warm baths.  
All I need are my snacks, lighting all my incense, and I water my plants.

Crying to let it out, my thoughts float by like the clouds. I know I'll be alright.  
Gotta give myself time to let my body be. I'm not in a rush to heal.  
Sipping on my smoothie,  
I love my inner beauty.

Eat your greens and relax, face mask on and chill back, matcha tea and warm baths.  
All I need are my snacks, lighting all my incense, and I water my plants.

I know life gets rough sometimes,  
Breath in and close your eyes.  
Relax your body, stretch your spine.  
Look into the mirror, smile and say,

"I love myself, I accept myself.  
I love myself like no one else.  
I love myself, I accept myself.  
I love myself like nobody else, nobody else."

Eat your greens and relax, face mask on and chill back, matcha tea and warm baths.  
All I need are my snacks, lighting all my incense, and I water my plants.

*I love myself so much, because after it all I could have gave up,  
Packed my stuff, but I kept trust,  
And when the darkness finally passed, there I was.  
I was love, I was light.*

*First time I could really breathe. I was alive, I am alive.  
That's why I put greens In my smoothies and meditate for my mind.  
That's why I call my mama and make sure she's alright.  
I love me, I love life.*