

Lynx, Trust Yourself

My Lynx, my love,
we have all agreed—
just being you gives
us all that we need!

We love everything you are.
Your feelings are not wrong.
We want to know what you think,
and to help you grow strong.

But don't lose your way
when you do have a choice.
Share your thoughts and your feelings,
express your inner voice!

Your feelings will tell you
what is right in your heart.
Sometimes your body
knows how to be smart.

Slow down and notice
how your body feels inside.
There is wisdom there,
that sometimes can hide.

When you find your words,
share them with the ones you trust.
Speak your truth,
so you practice standing up.

Now is the time to practice,
so when you are grown,
you will dare greatly
to stand up on your own.

My job is to guide you,
and to keep you safe
so you can bring your gifts to the world,
stand up, and be brave.

Repeat after me, these words to remember,
your voice is important from now 'til forever:

**I can say what I need.
I know I belong.
I speak my truth when I feel it.
I am worthy and strong.**