



Letters to Our Daughters

Letter to Keziah by Mel Pennant

Letter to Keziah.

This is not everywhere.
Walls don't contain you.
You come from a long line of queens and kings.
Date: Don't rush.
You have a whole lifetime in front of you.

To my beautiful daughter.
Choice, Fear, Mistakes and Failure.

Firstly, I wanted to thank you, for showing me new ways of being.
For bringing me back to a place of simply us.
I'm in awe of you.
Of the miracle of you, of your wisdom.
Don't let anyone tell you you are not good enough.
Don't believe them.
You are everything.

I wanted to introduce you to four friends and foes that have been with me my whole life, even if I haven't recognised them.

Sometimes they show up alone.
Sometimes they show up in pairs.
Sometimes it's a party.

Choice: with its cloak of invisibility.
There have been times when it's felt like it hasn't existed.

Fear: like a stranger lurking in the shadows.
Sometimes I've been so scared of it, it's made me think that nothing is ever going to be good enough; a letter to my daughter, my body, my mind. It's made me afraid to open my mouth, to put pen to paper for fear that it wouldn't be enough.
Which means that the paper is often left blank.
Things left unsaid.



Mistakes - Little Miss Perfect.
Always judging from an unreachable pedestal.

I was going to start with "Don't"
I was going to start with mistakes.
The fear of making them has used more energy than the making of them, going back over and over and over and over again, fearful that I won't be right.

Failure - the stalking horse.
There have been moments in my life where the fear of Failure has been crippling - a misspelt word, the consequences.

But what opportunities they create.
The passion to overcome and to rewrite the narrative.

To my beautiful daughter, Keziah, I wanted to say, don't forget, this is your life.
Everything you do is a choice.
Don't let fear stop you from pursuing your dreams.
Mistakes are there to be made and learnt from, to correct and make right.

And some of the best moments of my life have come from failure.
The unlikeliest friends.

I love you.
Don't be afraid. Live.
Live your life.

Yours forever, Mum x