

Thank you, Weightlifting



From the time I started lifting
3lb weights,
I knew that weightlifting is going to be an important aspect in my life.
It sculpted me into a strong and dominant person.

You're like my best friend.
When I'm stressed you help me calm down,
You helped me learn to never give up.
You also taught me to be myself.

You and I are hand in hand,
It's like we are connected.
You've helped me become the person I am today.
I'm truly grateful for everything you have given me.

Now I can lift forty times that .
I have gotten stronger.

In the future I hope to be able
to lift even more weight.
But for now I am very proud of my accomplishment
in weightlifting.

You are like my world,
You are very important to me and I love you.
You're my family,
and without you I would fall apart.

Love,
Jeremiah



