

# My Role Model: Lizzo

Melissa Viviane Jefferson, better known as Lizzo, was born in Detroit, Michigan on April 21, 1988. She grew up with family members who were music lovers. This environment had a positive impact on her music career. She also sang in her hometown church and was a part of her high school's marching band.

One thing that makes Lizzo a role model is that she spreads out body positivity. "I would watch things on television and look at magazines and I would not see myself," she once admitted. This is one of the main reasons that motivated her to be what she wanted to see on television/magazines. On her social media, such as Instagram or Tik Tok, you will find her posting pictures of herself looking confident and beautiful in her own body.

But before she could spread the positivity to others, she had to learn to learn to accept her own body. "When you don't see yourself, you think something is wrong with you... I think that took a bigger toll on me, psychologically, growing up than what anyone could have said to me." she said. After finding to love her true self she was unstoppable!

Lizzo's song "Juice" is a great example of her using her music/platform to help uplift others. It's a very catchy song that talks about being confident and unapologetic for being yourself. And she has many other songs that have beautiful, uplifting lyrics.