

Steps Cross the Mountain (B)

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Paired with Poster #2

The goal makes a demand-
This is your task.
When you break the task
Into workable parts
You get steps
Steps show the path
To your success.

With thoughts and action
You build attention
To complete each part of
The task at hand.

Like the train that runs
From station to station
Your attention must
Complete the task
From part to part.

Focusing is like the engine
That pulls attention
Directing it from
From station to station
To reach the destination
Of completed task
Through the steps
Of working on the parts.

Focus and Attention
Are friends forever!
No task is too small for Focus
To reach out:
If for a tiny little task
Attention needs Focus
The bud is there even before
A call! And without attention,
Focus is simply lost!

