

## Steps Cross the Mountain (C)

Paired with Poster #2

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The goal makes a demand  
With the help of a plan  
You take charge of what you can-  
The manageable parts called steps:  
Your plans  
Your action  
Your pace  
On the parts-  
Inspiration  
Motivation  
Select support  
Calm focus  
On the parts  
And so much more  
They add up-  
That's a lot of control  
Even when the demand is  
Not your personal own  
On which you have little control-  
Like the task of writing  
A report for work or a course  
Now you have so much control  
To lead you to your goal!

*How will I* turns to  
*Here I do*  
Energy in place  
Progress made  
Stress displaced!

If you need help to cope  
With the demands of the goal  
Talk it out; sort it out;  
Reach out.

