

## Top of the Hill: The Goal (B)

By Mahi Singh Gujral

## Paired with Poster #1

Don't go back and forth  
Back and forth  
Between the task so big,  
The goal so huge  
And the time so little.

Thinking negative-  
*I can't do it. I blew it.*  
Blocks your way-  
Things get worse.  
You feel pressured-  
Waste energy-  
Make errors-  
Lose time-Lose calm.  
These don't help.

Try this: Think positive-  
*I can. I'll give my best.*  
Feel your breath  
Easy breath  
Deep breathe in  
Deep breathe out.  
Repeat if you need. Then  
Go back to your task  
In doable parts  
Beat the stress.  
At every step