

Top of the Hill: The Goal (D)
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Paired with Poster # 1

Aware of your thoughts,
Feelings and bodily response
Negative from the pressure and worry
Of the worst that could be
These are in excess
Even if you give your best
They block your energy
Of mind and body
To deal with the demand.

Shift your gear
Focus on the task
In doable parts
Free your energy
To deliver your best
On the task at hand
The work of the moment

Moving ahead towards the goal
This is your success
Leaving behind
The baggage of excess
With mind and body-
In harmony on your side.