



**When you find you doubt
How far you can go,
Remember how far you have come.
Reflect on all that you have faced,
All that you are achieving,
And all the opportunities
You have yet to encounter.**



Alone

**Filled with faith and promise,
Willing to stand; and stand out.
Delicate strength, vibrant color;
Yet sharing the struggle for life
Amidst the nurturing past
And the growth into the future.
Part of a tapestry – one small part;
Sharing in a beauty called:**

Hope



**With strength from within;
Prepared to face the unknown.
New paths shaped and swayed
By unseen powers and pressures.
Accepting influences from without;
Fostered by a resilient spirit –
Fortitude that comes from within.
Creates a vision of gentle elegance;
An intricacy of delicate delight.**



**Take life one moment at a time;
Enjoy the nourishing morsels.
Relax and renew, still ever alert and ready;
Prepare and plan for the next.
Future courses unknown,
Adventures to be experienced;
Foster the fleeting now,
Tackle the tasks yet to be.**