Little Steps

by Black Tee

Sometimes life can feel,
like an endless uphill hike,
loads to carry, far to go,
and no clear end in sight.
It feels pretty impossible,
and quite reasonably so.
And so, one may freeze,
unable to move, unable to go.
When stuck in life like that,
I have found it often helps
to look at the ground,
and the foot you'll put ahead.
One step at a time,
on the ground it rests,
One foot after that one,
and one more after next.

And though, this I know,
my mind, it wanders still,
and freezes in the face of,
the endless path uphill.
And in such moments, when,
one that fails me is myself,
I am forced to surrender,
and seek some outside help.

It helps to have someone, on the outside,
perhaps a friend,
anchor you back to the present,
so that the wanderings end.
With whom you can stop,
look at the view,
set the next target,
and step forward too.

And continue still,
after you've had a little rest,
little by little,
one foot after the next.

15 minutes or 30?
And what will you get done?
I will keep the time,
and let you know when there's none.
So, a chat is all it is,
between you and yourself,
what to do, and by when,
and reflect on it in the end.

But, let me remind you,
'cause its easy to forget,
The goal is not to meet
the target that you've set.
The goal is instead
to set the goals that can be met.