

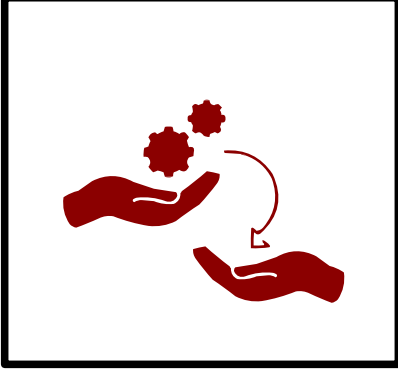
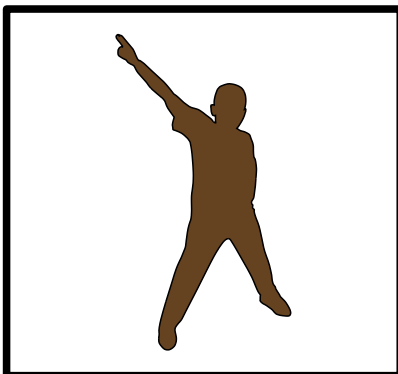
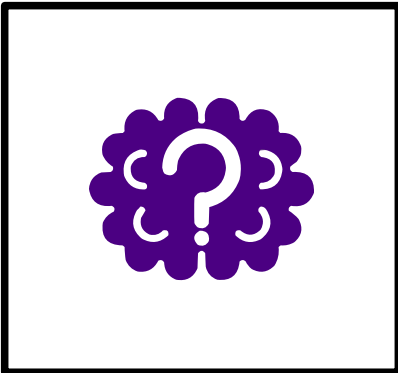
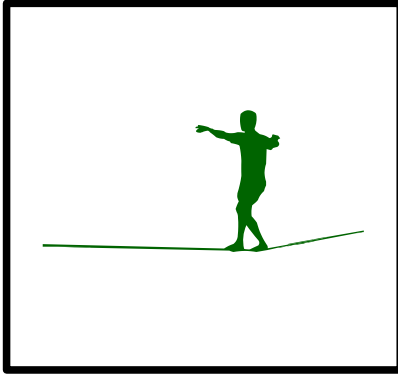
# Vision in Action

Poems on Growth, Leadership and Self-Discovery

Through evocative metaphors and imagery, the *Perky's Help* self-written collection of poems, *Vision in Action*, touches on various aspects of life, including its deeper aspects. It is hoped readers may be inspired to reflect on their purpose and embrace self-discovery.

# Perky's Help

STRIVE, THRIVE AND UNVEIL BEST OF SELF



## About Awareness

We ponder thoughts, a shared embrace  
Imagining minds, each intricate trace  
In silence, we judge our actions and sway  
Yet truth can be daunting, we often delay

It's easier to seek what we want to hear  
To shun the discomfort that draws us near  
Are we aware of the ripples we send  
The words we deliver, the messages penned?

As we gaze within, acknowledge the fight  
Embracing our flaws, our shadows, our light  
Awareness blooms, the seed of our growth  
A quiet reminder of our human oath

Through daily reflections, emotions we tame  
Capturing moments, we learn and reclaim  
Common sense whispers in reason's warm light  
While anger and fear search for paths to the right

With patience, we nurture a keen self-insight  
Building connections that flourish in the light  
Feeling fulfilled in both work and at home  
Self-control guides us, wherever we roam

The world shifts in colours, diverse and profound  
As we learn to listen, our hearts will rebound  
Distractions may linger, yet we'll hold our ground  
In the chaos of thoughts, our truths will be found

We all bear a weight, our own to behold  
To shift from the blame that our minds often hold  
Great leaders rise when they fully accept  
The responsibilities that their choices reflect

So, let's turn the mirror, reflect and explore  
Embrace the complexity of what's at our core

For in this awareness, our spirits take flight  
As we navigate life, through shadows and light

## **Achieving Balance**

Stress is normal, a part of our days  
Sometimes a spark lights up the way  
It can change our brains, for better or worse  
A force that propels us, a complex universe

We optimise for speed, for strength in the fight  
Our bodies are prepared, ready to take flight  
Energy channels for fleeing or fighting  
While digestion pauses, our instincts igniting

Turn to relaxation, let tension unwind  
Through music and meditation, the peace you can find  
Exercise flows with benefits galore  
Endorphins are released, bringing joy to the core

With each step and movement, a feeling of bliss  
Regular activity helps curb anxiety's hiss  
Meditation whispers, guiding the mind  
Calming the chaos, leaving stress behind

Yet chronic stress lingers, an ageing accelerant  
A weight on the shoulders, a burdensome tenant  
It's not out there, but within what we perceive  
In the grip of the mind, it can lead us to grieve  
Weight gain and sadness, a cognitive decline  
Chronic stress lingers, a thief of the shine  
Too much pressure can blur our clear sight  
Limiting changes, stealing our light

But we can choose resilience, empower our hearts  
Stress is a given, but it need not tear us apart  
Change is constant, a familiar friend  
In its wake, new beginnings can blend

A healthy activation, a balance we seek  
Navigating our lives, both vibrant and meek

With tools to combat, and wisdom to share  
We can embrace stress and learn how to care

## **Achieving Clarity**

In a world of constant juggling, we switch and sway  
A multitasker's rhythm, each project in play  
Yet beneath the surface, the mind may succumb  
To fatigue that lingers, leaving us numb

Chronic fatigue whispers, its presence unclear  
A fog settles softly, an all-consuming sphere  
Tiredness remains, like shadows at dawn  
Each thought feels heavy, like a weight to be borne

Short-term memory falters, new learning feels tough  
Concentration wanes, and it's never enough  
Words get tangled, thoughts drift away  
A foggy haze wraps around the day

But music, sweet music, offers a balm  
With rhythms that lift, and melodies calm  
Faster beats spark a fire, a vibrant delight  
While slower tunes soothe, releasing the night

Exercise beckons, a movement divine  
Endorphins arise, and in rhythm, we shine  
With each step we take, worries begin to fade  
In the dance of our bodies, new strength is made

Discover the magic, the link that is real  
Between movement and joy, the power to heal

So, let's weave in our efforts, our breath, and our play  
For in every small action, we'll find our way

## **At The Heart of Work**

In workplaces across the land  
People sigh, discontented, and bland  
Apathy lingers, a fog in the air  
Detached from their tasks, lost in despair

When hearts are heavy, commitment fades  
Attendance slips through the cracks and cascades  
Inner work life, a silent force  
Shapes creativity, and sets the course

Happiness blooms like a flower in spring  
In joyful hearts, new ideas take wing  
Discover the keys that unlock the heart  
Motivation ignites a powerful start

Emotions and thoughts weave a complex thread  
Guiding our actions in the paths that we tread  
Meaningful work, though often mundane  
Can be a source of pride, not just for gain

Yet setbacks loom, casting shadows of doubt  
They chip at the spirit and leave workers without  
Help them take steps, however small  
Every forward motion matters after all

Motivation sparks like a flame in the night  
Catalysts of progress bring ideas to light  
Set clear goals, grant them autonomy's grace  
Provide the resources that help them embrace

Nourish the spirits with kindness and cheer  
Interpersonal connections draw people near  
In the realm of knowledge, let brainpower flow  
Respect incentives; let intellect grow



As people arrive, they bring all their dreams  
Hearts and minds mingling in intricate seams  
Yet often ignored, their thoughts and their fears  
Managers overlook what's hidden in tears

Employees thrive when they feel the urge  
To perform and to shine, to let passions surge  
Motivation is swayed by how they perceive  
The work that they do and the goals they believe

Emotions entwined with perceptions they hold  
Shape the motivations, both timid and bold  
In the dance of the workplace, let spirits ignite  
For when hearts are engaged, the future is bright

## **Blame, Is No Game**

In the realm of right and wrong  
We label others, where they belong  
Moral agents or patients, we say  
Yet the lines can blur and lead us astray

Victims wear a patient's crown  
Hard to see them as villains, to bring them down  
A small event can twist the tale  
From a shining hero to a moral fail  
Morality, a fragile thread we weave  
Good deeds may shine, but can't relieve  
For when we stumble, the blame rolls in  
Heroes recast, while the patient bears the sin

A criminal's plea, a victim's face  
Past suffering softens, provides a grace  
But blame is simple, it ties us in knots  
To seek a scapegoat, we forget what we've fought

We crave clarity in chaos, a cause to define  
Yet anger's allure can cloud the design  
In blaming others, we shield our hearts  
Drowning in shadows, where understanding departs  
Caught in the web of our selfish desires  
Emotions consume as a reason retires

In patterns of thought that lead us astray  
We miss the true path, the lessons of grey

So, pause in the storm, seek the deeper root  
For the mind's reckless blame is an all-too-common pursuit,  
To rise above anger, to see with more care  
Is to navigate life with compassion to share

## **Blueprint of Awareness**

Our minds, like artists, sketch the unseen  
Storing reactions, painting what's been  
In the gallery of feelings, a blueprint unfolds  
Mapping our journeys, the stories we've told

With self-control as the compass we wield  
We navigate life's challenges, and our fates are revealed  
Those who master this art, with discipline tight  
Find popularity blooms and their futures burn bright

Yet self-awareness dances on a fragile thread  
A focus on others, the words that are said  
For every action we take leaves a mark on the soul  
And each carries weight in the grand, shared role

Self-control isn't denial, but saving for more  
A patient investment, unlocking life's door  
To stay on the path, it's the practice we need  
With skills and techniques, our purpose we feed

Those highly disciplined steer clear of the fray  
Avoiding the traps where their goals lead astray  
In the loop of our thoughts, we reflect and we plan  
Contemplating the future, recalling where we began  
Yet low self-control can lead to excess  
Addictions and struggles, a painful distress  
To be more aware means to see with new eyes  
Understanding our truths, the lows and the highs

When we judge from our truth, we create pressure and strain  
But with insight and kindness, we lessen the pain  
Adjusting our actions to lift those around  
Learning our weaknesses, in growth we are found

We may guide others toward the light of their mind  
But only if earnest, their truth they must find  
So let go of excuses, and rise to the quest  
Embrace every moment, for failure is a test

With common sense as our ally, we learn and grow  
Seeing setbacks as lessons, our spirits aglow  
In this dance of awareness, let our hearts take flight  
For in understanding ourselves, we embrace the true light

## **Career Excellence**

In the world of work, where deadlines loom  
Being organised clears away the gloom  
Reliability is what employers seek  
To deliver projects, strong and unique

Collaboration is key, in groups we unite  
To achieve tangible goals, to set our sights right  
Transferable skills, a treasure to find  
A pathway to growth, for body and mind

Perseverance shines when challenges rise  
Employers value those who aim for the skies  
Motivation fuels the journey we take  
Finding ways through, no matter the stakes

Personal development, a quest to know  
Discovering strengths and how they can grow  
In problem-solving, we break down the walls  
Evaluating situations, and answering the calls

Project management is a skill in demand  
A guiding hand in the tasks that we've planned  
Teamwork is a dance where we learn to engage  
Building relationships, helping us gauge

Our roles fit within the larger design  
Aligned with the goals, our futures entwine  
In a world ever-changing, we must adapt  
Decision-making skills ensure we're not trapped

Transferable abilities, woven through life  
Helping us flourish in joy and strife  
Soft skills are treasures that employers crave  
A positive spirit, and a brave heart

When tasks pile high and the clock ticks loud  
Time-management strategies make us proud  
Prioritising tasks, we seek the right flow  
Maximising output with effort to show

Written communication, a canvas for thought  
In letters and reports, the ideas are caught  
From creative musings to formal decree  
Each word is a reflection of who we can be

So, fret not the gaps in your industry lore  
Experience builds in ways to explore  
Employers seek more than grades on a sheet  
They yearn for the passion that makes us complete

## **Career Growth**

In times of pressure, calm prevails  
A steady hand when chaos wails  
Employability skills, a treasure to find  
Enhancing your CV, expanding your mind

From nonprofits to businesses, all seek the same  
Employees who understand the success game  
Careers and employability, tools at your side  
To sharpen your skills, let your confidence ride

Creativity calls, fresh ideas take flight  
Innovative minds bring visions to light  
Employers seek those who think outside lines  
With intuitive sparks that help businesses shine

Effective communication is a vital key  
In emails and presentations, let clarity be  
A positive attitude, eager to learn  
Adaptability shines, and respect you will earn

Take pride in your work, let your name be known  
Confidence builds in the seeds you have sown  
Motivating others is a skill to display  
Leadership's essence in every small way

Transferable skills, a versatile tool  
Interpersonal talents that make you more cool  
Dependable, reliable, with enthusiasm in tow  
Hard work and dedication will help you to grow

Flexibility reigns, as change is a must  
Adaptability's essence lies deep in your trust  
Conveying your thoughts, while listening with care  
These skills are essential, so always be aware

Take the initiative, embrace the unknown  
See the big picture, let your talents be shown  
In negotiation and persuasion, find a way to agree  
Understanding and compromise set your spirit free

So, gather these skills, let them shine bright  
Highlight your strengths, and bring forth your light  
In the journey ahead, let your passions guide  
For in the world of work, your spirit will thrive



## **Commitment and Growth**

When we succeed, we must embrace  
Our commitment shines in the goal we chase  
Yet progress may falter, and that's okay  
Every small step moves us on our way

In moments of failure, let's be kind  
Critique our actions, not the will behind  
When striving for dreams we've never known  
We honour our hearts, even when we've grown

With expertise gained from battles fought  
We look at mistakes as lessons sought  
To fuel creativity in every role  
What's the best way to inspire the soul?

Even small wins can lift us high  
Nurturing the spirit as days go by  
Discipline builds habits, new and bright  
Establishing routines that spark delight

Clear goals set forth, resources at hand  
Recognising efforts helps us understand  
Daily aims to keep progress in sight  
Focusing on what matters feels right

In spaces where judgement is kept at bay  
Creativity blossoms come out to play  
Performance is driven by what we feel  
Our inner lives shape the strength we reveal

Making strides toward goals that mean more  
Is the secret to joy, to open the door  
Emotions swirl like leaves in the breeze  
Thoughts and perceptions shape what we seize

Motivation ignites with every small win  
Your goal is a treasure, let the journey begin  
Positive feedback can be misunderstood  
But it signals commitment, leading to good

People weigh feedback as either defeat  
Or encouragement guiding their feet  
With every response, our motivation will sway  
So cherish your goals, and keep pushing away

## Compassion Amid Difficulties

In the dance of life, I know I'm no saint  
We circle back to habits, where self-interest paints  
Yet, when someone's shadow drains all the light  
How do we stand firm, in compassion, despite?

With every challenge they craft, a game of provocation  
The art of their chaos calls for our contemplation  
"Agree or regret," they quietly decree  
Yet, I find it hard to offer them empathy

In moments of turmoil, they craft erratic moves  
A reflection of battles, where logic often loses  
Surprise erupts from the heart of their storm  
And I wonder, what thoughts in this tempest do form?

Too often, I charge in, emotions ablaze  
Only to question the wisdom of those heated displays  
In defence of my heart, I instinctively react  
Yet perhaps a different path is what we lack

When faced with their difficulty, I must hold my ground  
Avoiding the urge to let bitterness abound  
I strive to be steady, to treat them the same  
To understand their struggle, to see beyond blame

What burdens they carry, what shadows they hide  
This could lead to a bridge where compassion can guide  
As I honour my word, deadlines I keep  
Respect begins building, in promises deep

Focusing clearly on the outcomes I seek  
With patience, I'll navigate through the bleak  
For all of us stumble on days we feel low  
In the depths of our challenges, our true colours show  
Each team needs a mix of the bright and the dim  
The critics, the dreamers, those driven within

Yet if aggression erupts, I must stand my ground  
In the face of the storm, my peace must be found

For beneath every surface, deeper roots lie  
The battles we face often echo and sigh  
So I'll tread with intention, let kindness expand  
As I learn to navigate this intricate land

## **Creative Thought**

Free thought begins when ideas flow  
But sharing them aloud, we know  
This leads to groupthink's subtle sway  
As unique ideas slip away

Brainstorming feels like sparks in the air  
But often, we're not truly there  
When one speaks loud, others stall  
The first idea can shape it all

Early thoughts take hold too fast  
And creativity doesn't last  
Conformity wraps the mind too tight  
Crushing the spark of fresh insight

Low-hanging fruit is plucked with ease  
The simple thoughts some use to please  
One or two dominate the show  
And soon, true depth will cease to grow

The final idea may stand alone  
But rarely like the seed once sown  
It's been shaped, refined, and turned  
From the process where it was churned  
To birth new thoughts, we must defy  
The obvious routes and question why

Think productively, seek the rare  
And explore the paths not always there

Reproductive thinking is fixed and tight  
Trapped in the same ways day and night  
We process the world as we always do  
Instead of searching for something new

Build creative tension, let it spark  
Let subconscious ideas light the dark  
Rise up, then down, and somewhere stray  
Challenge the problem in a different way

In this tech age, creativity is a must  
Serious minds alone can't build trust  
We open our minds when we let go  
And alternative paths begin to show

Creativity isn't just a gift in hand  
It's something learned, something planned  
With open thought and fearless art  
We find new ways to make a start

## **Dancing Ideas**

In a world where answers often seem confined  
Let's seek out many, and leave no thought behind  
Wild and crazy, or grounded and sane  
Every suggestion can hold a hidden gain

Don't judge too quickly; let ideas take flight  
Each thought is a spark, potentially bright  
Doodle and daydream, let your mind play  
In the realm of imagination, creativity stays

It's not just the sharing that opens the door  
But the courage to speak, to explore even more  
For when thoughts are anchored, creativity dims  
So let's embrace the wildness that spontaneity brings

Before our meetings, let us jot down our dreams  
In silence, we gather the threads of our schemes  
Then share in a circle, let voices intertwine  
Systematic and open, a process divine

Challenge assumptions, look at things anew  
With every perspective, fresh insights come through  
Seek out alternatives, both bold and discreet  
In the quest for solutions, we find what is sweet

Disregard the past; invent your way  
Think of the void, what's missing today  
Keep pushing through blocks, let barriers fall  
In the surfacing of thoughts, we'll find wisdom in all

Listing the attributes, then daring to bend  
Creativity rises, and limits descend  
In this age of tech, the demand for fresh views  
Reminds us that creativity is a muscle we choose  
For it's not just a trait; it's a skill to be honed  
In an environment nurtured, ideas are grown

Let every suggestion be taken with care  
For in the dance of ideas, we all have a share



## Defining Goals

Positive emotions spark the fire  
Motivating us to reach higher and higher  
When we share our wins for the world to see  
We remind ourselves of who we can be

Process goals guide us, keeping us calm  
Focusing our efforts, like a soothing balm  
In the dance of control, we find our grace  
By mastering techniques, we carve our place

Procrastination, a thief of joy and peace  
Steals our satisfaction, and makes happiness cease  
Yet progress on our goals brings a bright new light  
A synergy of wellbeing that feels just right

Publicly sharing our journeys unfolds  
A network of support that encourages boldness  
Self-concordant goals meet our deepest needs  
Fostering competence, nurturing seeds

Setting and achieving, a cycle of cheer  
Fuelling our confidence, and banishing fear  
With longterm visions, we find our way clear  
Short-term motivation draws our dreams near

Goals, the cornerstone of lasting success  
Guide us through challenges, and help us progress  
As we chart our course and define where to go  
We carve out our futures with passion aglow

Athletes and dreamers, all set their sights  
On the goals that ignite their days and nights  
In our quest for connection, competence, and control  
We discover the magic of a well-defined goal

So let us embrace this journey we share  
With hearts full of purpose, our dreams are in the air

For in the pursuit of what we hold dear  
We find our true selves, and our vision is clear

## Embracing Change

Value lies in the eye of the beholder  
A prism of thoughts, as we grow bolder  
Know your goals before you embark  
A compass to guide you through the dark

The choices you make, your best alternative  
Shape the path you take, and the life you live  
Efforts should match the importance at hand  
In every decision, make your intentions grand

Listen to faster music, let the rhythm inspire  
Make decisions early, and ignite your inner fire  
Observe your body, when choices are made  
Awareness unfolds in the choices displayed

Dim the lights to calm the fray  
Let thoughts settle, and find clarity's way  
Be your own devil's advocate, challenge the norm  
Squash your biases; let open minds form

Stop overthinking, let worries unwind  
Adopt an attitude that's ambiguously kind  
"What if" the opposite? Let fear take flight  
Imagine success, bask in that light

How do you choose to change your whole life  
When certainty's shadow looms heavy with strife  
Listing the changes can feel like a test  
Questioning sanity, seeking the best

Yet something within stirred restlessly still  
To leave the familiar, embrace the unknown thrill  
Taking chances was never part of the plan  
But growth often lies where comfort can't stand

Time for change, though results aren't assured  
Facing the lonely, feeling insecure

Before I began, I felt like a failure  
Yet truth brings a light, a freeing valour

Each honest word brought me closer to peace  
As I spoke my truth, the weight did release  
In the journey of change, let your heart take the lead  
For the answers you seek lie in the truths that you heed

## **Emotions as Guides**

You may not see emotions as fuel for the fight  
Yet they activate, direct, and push us toward light  
A driving force in action, they steer our way  
In pursuit of our goals, they shape what we say

Pride lifts us higher, igniting self-worth  
Filling our spirits with optimism's birth  
But shame whispers, a shadowy veil  
Telling us we've stumbled, and leaving us frail

It's the sense of incompetence, the burden we bear  
Encouraging our efforts to rise from despair  
Yet shame makes us vulnerable, a tender state  
Complicated emotions we often conflate

Guilt can be tricky, a feeling we shun  
Yet it guides us to mend what's broken and done  
A reminder of actions that need to be right  
A nudge toward amends, a path back to light

Anger, a primal force, runs deep in our veins  
A tool for survival, it courses through chains  
Neither good nor bad, just a feeling we share  
Yet when unleashed wildly, it wreaks havoc and care

We often think guilt is an enemy to flee  
But true guilt serves a purpose, helping us see  
Each feeling we carry has meaning to show  
Guiding us gently in how we should grow

These emotions are teachers, with wisdom to lend  
Informing our choices, on which we depend  
So embrace all your feelings, let them be your guide  
For in every emotion, a truth will abide

## **Essence of Leadership**

For thousands of years, the tales have been spun  
Of leaders revered, and those deemed undone  
From Christ and Buddha, with wisdom bestowed  
To conquerors fierce, whose legacies flowed

In a world craving change, where the status quo reigns  
Transformational leaders break through the chains  
Their vision ignites, as they uplift the rest  
Creating a culture where the potential is blessed

To shape organisations, focus on the core  
On leadership's power to open the door  
Recruiting good people, nurturing their rise  
Unlocking a future where possibility flies

In the quest to survive, adapt, and grow  
Transformational leaders embrace the unknown  
They try new ideas, they foster the dream  
Navigating challenges, igniting the team

As interest in leadership began to ignite  
In the early twentieth century's light  
Qualities emerged, distinguishing the great  
Transactional or transformational, they'd navigate fate

Have you felt the shift when a leader stands tall  
With a vision so clear that it unites all?  
A passion that recharges, a spark in the dark  
Inspiring the group to ignite their spark

Admired for their courage, they truly embody  
A leader who walks the talk, never shoddy  
With the gift of inspiring, they touch every heart  
Transformational leaders, who master the art

They show genuine care, for each need and each feeling  
Creating a bond that is deeply revealing  
Some lead with such grace, while others may falter  
It's confidence, and belief, that the best leaders alter

To lead is to listen, to nurture and share  
To be strong in the face of criticism's glare  
Yet stubbornness blinds when the egos in play  
For true strength lies in finding your way

Open communication, the path to connect  
With emotional intelligence, they foster respect  
Motivating through kindness, with empathy true  
Transformational leaders inspire me and you

So let us embrace this powerful way  
To uplift and empower, come what may  
For in the heart of leadership, the future we see  
Is shaped by the leaders who set our spirits free

## **Fulfilling Goals**

Achievement goals guide the way we strive  
A yearning for competence helps us thrive  
Motivation fuels our quest for success  
A journey of aspirations, striving for the best

As social beings, we crave connection's embrace  
Sharing our dreams, we find our place  
In the tapestry of life, we weave our thread  
With support from others, our spirits are fed

Sometimes, a little mischief can be wise  
A planned detour beneath life's skies  
In the dance of progress, we measure our gains  
Sharp, clear goals cut through the mundane strains

Celebrate each victory, both big and small  
Each step toward greatness is a triumph for all  
Set smaller targets on the road to the grand  
Avoid the pitfalls where failures may stand

Ensure your dreams are lofty but near  
Hidden expectations can foster fear  
Awareness of goals keeps us on track  
No shadows to hide in, no need to look back

Regain your resources, find the strength to persist  
With a focus on progress, let none be missed  
Intermediate aims can light the way  
While longterm visions guide the day

Motivation stirs deep within our core  
A drive for desires that we all long for  
Outcome goals may chase the thrill of the win  
Yet mastery brings joy from within

Planned deviations can spark the fire  
Fuelling our passion, lifting us higher



In the garden of life, let hedonic blooms grow  
For joy in the journey makes our spirits glow

So set forth with purpose, let your heart sing  
In the rhythm of striving, let your dreams take wing  
With clarity and courage, pursue what you seek  
In the tapestry of goals, find the strength to be unique

## **Greed Has A Cost**

In times of scarcity, when hope feels thin  
The heart may falter, and darkness creeps in  
With fewer resources and shadows of doubt  
Desperate measures become a way out

Greed weaves its web, a strong driving force  
Upper-class faces, on a treacherous course  
In wealth's warm embrace, morality bends  
And ethical lines blur as ambition transcends

As status ascends, so too does the fall  
The privileged, insulated, may lose sight of all  
Their attitudes shift, favouring gain  
While empathy fades and compassion feels strain

In the dance of self-interest, unchecked and free  
We witness the rise of social decay  
Those with abundance may deceive and betray  
Withholding the truth, letting fairness decay

They lie at the tables, they cheat in the game  
Cut off on the roads, they bear no shame  
Their actions are shaped by the status they claim  
While kindness grows distant, lost in the fame

Stereotypes linger, we cling to the past  
Judging by the surface, we often hold fast  
Rich men are wicked, the poor hold the light  
But compassion is subtle; it hides from our sight

As we climb social ladders, our hearts may grow cold  
While less affluent souls, their compassion unfolds  
For in every struggle, in every shared plight  
Lies the truth of our nature, our bond in the fight

So let us remember, in this world of divide  
That wealth does not guarantee virtue inside  
In the tapestry woven of humanity's thread  
Compassion is priceless, while greed leaves us dead

## **Journey to Self**

We are shaped by our experiences  
But that doesn't mean we truly know  
Who we are deep within  
Or the places we long to grow

From childhood, we've been moulded  
By beliefs, by values, by demands  
Society's pressure to conform  
Has placed our lives in others' hands

At my worst, I felt so lost  
As though I didn't quite exist  
Without a group to neatly fit  
My own identity was missed

I worked toward goals not mine, but theirs  
Following dreams they set for me  
And amid all my pain  
I couldn't find who I should be

It's tragic when someone says,  
"I hate myself"—we might dismiss  
Their cry for help, but it's often real  
A measure of their inner abyss

For a time, I hated myself too  
Thought I wasn't enough to belong  
Ugly, stupid, strange—I wished  
To be someone else, all along

But why do people hate themselves?  
Life, you see, is not so straight  
It's not a timeline, not a race  
And it's never too late

You're allowed to backtrack  
The world won't judge you for the fall

Most of us don't know  
What do we want from life at all?  
We struggle with the questions  
What am I passionate about?  
What purpose should I find in life?  
What path to take without a doubt?

The idea of "purpose" can be the trap  
And self-promotion feels so wrong  
Awkward, naive, intolerable  
As if you just don't belong

You'll make them like you, but respect?  
That doesn't always follow  
Talk about them, they'll listen for hours  
But leave your truth feeling hollow

Yet there's a way, the right way  
To promote the work you do  
With care and grace, you'll find respect  
By staying honest, and staying true

## Lessons Learned

Once a lesson is learned, we take our flight  
But fail to grasp its truth, we circle in plight  
Endless chances to learn what we missed  
Opportunities repeat, in a twist of the fist

Believe there's a lesson, consent to embrace  
Admit to the shadows that you might have placed  
Take time in solitude, reflect on your role  
In the chaos of life, find the path to your soul

People blame victims, seeking control  
Convincing themselves they're the masters of goal  
We ponder what they did, in a world that's unjust  
Instead of what drives the perpetrator's thrust

To gain the control that we yearn to possess  
We must challenge our thoughts, and seek the deeper stress  
When blame clouds our vision, it steals time away  
Mulling over anger, we let our peace fray

Dulling our awareness of the choices we hold  
Robbing ourselves of insights, and opportunities bold  
Worrying about others and their faults we dissect  
Is but a drain on our spirits, a mental neglect

Blame leads to punishment, a weight we can't bear  
And some never see beyond the name that they wear  
Our instinct is to lash out, to feel guilt and shame  
As ambitions are thwarted, we feed the self-blame

Allocating responsibility, a game we all play  
After the fact, we impose what we say  
No one's truly to blame, it's a dance we create  
For control is an illusion, let go of that weight

In the tapestry of life, where shades of grey blend  
Accept our shared journey, and let the lesson mend

## Memory and Creation

In the mind's embrace, we hold moments dear  
Flashbulb memories of joy, of pain, of fear  
Yet every recollection, as we bring it to light  
Transforms in the telling, takes on new flight

Replay the past, in echoes we dwell  
Each word is a brushstroke, a story to tell  
With every retelling, the memories bend  
Shifting the fabric, as they twist and extend

Intention arises from will, desire, and belief  
A triad of forces, a path to relief  
To act is to will, to desire is to seek  
Satisfaction awaits when we find what we speak

Yet satisfaction's taste is shaped by our soul  
Defined by our consciousness, it makes us whole  
Our perceptions are maps, unique and confined  
Crafted by journeys, through life intertwined

What you see in the world is a mirror that reflects  
The truths you hold close, your dreams and your debts  
From ideas that spark in the depths of your mind  
To physical wonders, through time they unwind  
Your life is a canvas, painted with dreams  
The essence of all that your spirit redeems

Limitations are shadows, illusions that bind  
Nothing is impossible when you open your mind

Healing begins with the thoughts that you hold  
As your body reflects what your spirit has told  
Always regenerating, it seeks to align  
With the vibrance of life, and the love you define

Choose what to manifest from the field all around  
Your energy's dance is where magic is found

In the depths of your being, let balance take flight  
And create your truth in the glow of the light



## **Negativity to Peace**

As we grow, we drift away  
From the depths of the self, we sway  
Social whispers, trauma's sting  
Time's relentless, binding string

Automatic thoughts, a heavy chain  
Stressful habits, a mind in pain  
Yet in stillness, we can find  
A path to peace, a quieter mind

Catastrophising, the worst we fear  
In constant worry, the night's not clear  
Tension builds, shadows loom  
Yet questioning thoughts can light the room

We hold beliefs that fuel our dread  
But untruths linger in what's said  
To notice when the cycle spins  
Is the first step to where freedom begins

A prison built of anxious thought  
Captive within the battles fought  
But with each step, we learn to see  
The power within, to set us free

Imagine the future like a movie scene  
Letting go of pain, embracing the serene  
The weight we carry is lessened, unshackled  
When our resources align, and fears are tackled

If worries arise, let's brainstorm anew  
With focus and interest, let's see it through  
Detachment can blur the paths we choose  
Yet being true to ourselves, we never lose

Negative thoughts may threaten to drain  
But with practice, we can break the chain

A journey of courage, through practice, we find  
A life filled with light, where peace intertwines

## Perception

Have you ever wondered how others perceive?  
If honesty were shared, what truths would they leave?  
Friends and family, acquaintances near  
What would they say, if their thoughts were clear?

We see ourselves through a lens uniquely ours  
Yet others view us with different stars  
It's enlightening, this step back we take  
To analyse from afar, for our own sake

Two types of vision, yours and theirs collide  
Your self-perception, their view, side by side  
The only control we hold is our own  
While others' perceptions are seeds, they have been sown

How we behave is shaped by this lens  
Influenced by feelings of how it all ends  
Things aren't as they seem, that's the truth of the game  
Marketers and magicians play with our name

We're caught in our stories, believing each line  
But when those tales twist, they can darken our shine  
If you don't like the plot that you're living today  
Shift your perception, and let the darkness give way

It starts with a choice, take charge of your view  
For others will craft it, do you trust them to do?  
A smile can deceive, words can mislead  
We must see through the surface, beyond the greed

The world that we witness reflects who we are  
What we believe shapes our life from afar  
As you carry on through the currents of time  
People will judge, and their views can entwine

Not all are performers, yet all can pretend  
Creating impressions that twist and bend

People will lie to evoke something bright  
But truth can be blurred, lost in the night

When lies cloud the truth, perception becomes  
A reality crafted by whispers and drums  
Someone convinced their night will go wrong  
Will act out their fears, where shadows belong

So, challenge the tales that you tell in your mind  
The world reflects what you choose to find  
In this dance of perception, let clarity reign  
And weave a true story that brings joy, not pain

## **Power of Thought**

Caught in a dance of thoughts and dreams  
Our minds whirl with memories, or so it seems  
But in the stillness of restful awareness  
We find a path to conscious fairness

Release your intentions, let desires fade  
For intention blooms in the absence of trade  
Let go of the need for a specific prize  
Embrace the wisdom where the uncertainty lies

Focus on desires, a critical key  
Dominant thoughts shape what will be  
My thoughts steer decisions, decisions shape fate  
In the flow of my choices, I cultivate

I take conscious control, a deliberate act  
My mind is a garden, and I choose what to plant  
But doubts may arise when results seem delayed  
Anxieties whisper, "Have my efforts mislaid?"

At the core of existence, my world is designed  
Constructed by beliefs that my mind has aligned  
A tapestry woven with threads of my view  
Conscious of thoughts, I shape what is true

The past can't be altered, but my view can be changed  
By reframing the feelings that once felt estranged  
Repetitive thoughts carve pathways in grey  
Moulding my brain, guiding my way

Change your mindset, reshape the light  
Transform your reality, and emerge from the night  
Purposeful shifts in perception and sense  
Can lead to a life that feels truly immense

For the brain is a canvas, vast and alive  
With each brush of intention, new worlds can thrive

In this dance of creation, I find my song  
A symphony of thought, where I truly belong

## **Purpose and Integrity**

Constantly good choices lead to a life well-lived  
In the tapestry of choices, our destiny is weaved  
The choice is yours, a power you hold  
In the quiet of moments, let your truth unfold

Nobody can change unless they first choose  
Wisdom seeks satisfaction in the paths we use  
Integrity whispers, urging us to do right  
In every small choice, we find our guiding light

Though daily decisions may seem small and slight  
They shape our journey, day turning to night  
Take responsibility for the choices you make  
Only then can you learn from the heartache

Make a determined decision, let the change take the stage  
Reflect on your life, and turn the next page  
When did you last stop and consider the view  
The big picture unfolding, what matters to you?

What do you value most, as the years swiftly fly?  
What left you unfulfilled, with a lingering sigh?  
Music plays softly, its rhythms embrace  
Emotions uplifted in a harmonious space

Faster beats can alert you, help you concentrate  
While upbeat tunes soothe, relieving your weight  
In relaxation's arms, let stress slip away  
As choices surround you, each one is at play

Life is a canvas of choices we paint  
A myriad of colours where clarity can faint  
At the crossroads of life, we often must stand  
With courage to leap, with dreams in our hand

In shades of grey, where clarity may blur  
We navigate choices, and our voices confer

With skills and support, let your journey unfold  
For the life you create is a story retold



## **Rewriting Our Lived-By Stories**

When we seek to improve, the advice is clear  
Find role models to admire, to steer  
Your path toward higher ground  
Raising expectations with the wisdom you've found

But when disdain clouds the heart  
We project our deepest fears from the start  
To criticise what we most despise  
Turning judgement into a mask, a false disguise

Why do I stop myself from celebrating me  
I've looked down on those who promote, can't you see  
But my work isn't about me at all  
It's about others, a greater call

I believe in what I do  
I work with teams to see it through  
Do you have principles to guide your day?  
A manual for life, to show you the way?

Think of the skills that shape your fate  
And spend the time to hone, don't wait  
Life can feel meaningless or bright with grace  
A chance the universe has placed in your space

Your life is more than just the facts  
It's the way you weave those tracks  
Not a Wikipedia list, cold and plain  
But a story alive in joy and pain

When we share ourselves, it's through a tale  
It's how we communicate, how we prevail  
Is there anyone with a life that's not a story told  
But some avant-garde paths, bold and uncontrolled?

We tell ourselves stories to survive  
To understand why we're alive

These stories shape us, through and through  
They aren't just part of us, they are us too

Our stories change, evolve, and grow  
More positive as time begins to flow  
And by learning how these tales are spun  
We can rewrite our lives, one by one

## **Shadows to Clarity**

In shadows cast by stress and doubt  
Automatic thoughts weave in and out  
Disconnection from our core takes hold  
In habitual patterns, we grow cold

We search for ways to break the chain  
Distractions dance, yet bring no gain  
Drowning sorrows, we fall into despair  
Only to scold ourselves, still stuck in the snare

Personalising pain, we wear the blame  
In the heat of the moment, it feels like a game  
Polarising thoughts paint life in black and white  
No shades of grey to guide us toward light

Yet evidence shows the power we hold  
In thoughts that uplift, in stories retold  
Positive psychology lights the way  
Transforming our stress into brighter days

Productive worries prompt us to act  
Solvable problems, we can impact  
Let the past rest where it belongs  
In the graveyard of memory, where silence prolongs

Perception shapes how we feel and respond  
Sometimes it's right, sometimes it's a bond  
To fear or to danger that clouds our view  
But clarity comes when we see what is true

The more we feed the negative beast  
The stronger it grows, our inner feast  
Remember this truth, let it resonate clear  
What we focus on, we draw ever near

Our thoughts shape our mood, our stress, our strife  
A simple shift can awaken a new life

Decide to break the cycle, let light seep in,  
With "thought-stopping" statements, let the healing begin

We challenge the thoughts that do us no good  
Improving our mood, like we always knew we could  
Too often, we're harsh, we misjudge with haste  
But understanding brings wisdom, and peace is embraced

When negativity flows, it's hard to take flight  
Yet practice and patience can turn dark to light  
Train your mind to seek what you desire  
Focusing on hope, let your spirit aspire

## **Sparking Creativity**

We need to think in a different way  
Faced with challenges that shift each day  
Innovation's key to stay ahead  
New ideas spark where old ones tread

Thinking differently, with minds unbound  
Within a team, new thoughts are found  
Standard ways mix what's already known  
But creativity lets new seeds be sown

Good ideas come and solve life's grind  
Helping us leave small troubles behind  
Great ideas, though, take a bit more fire  
Moments of work and bursts of desire

They're not from think tanks, or wild quests afar  
But quiet sparks that raise the bar  
Unexpected, in moments brief  
A napkin sketch becomes a belief

Why do some find ideas with ease  
While others struggle and seem to freeze?  
Whether creative or not in your view  
Skills can be learned to help see things anew

In times of change, when futures unfold  
Envisioning together makes ideas bold  
An open mind is the key, the start  
The soil where creativity takes heart

Make time to brainstorm, let ideas flow  
Invite new thoughts, and let possibilities grow  
Act on ideas, give them their due  
Each small spark could lead to something new

Your brain works best when tired, it's true  
Exercise can help ideas breakthrough

Noise at the right level sets the stage  
Constraints can spark a creative rage

So, stress the power of creativity's light  
It's what keeps us moving, breaking new heights

## **Sparking Innovation**

In a world where challenges twist and turn  
Organisations seek the fire to burn  
To stay ahead in a game that's an intense game  
Constant innovation becomes our defence

We search for ideas, fresh and bold  
The power to think differently is a treasure to hold  
Within our teams, let creativity thrive  
As we explore the paths that keep visions alive

Express yourself in colours, in sound and art  
Multiple intelligences play a vital part  
Yet when faced with dilemmas, we often forget  
To engage all our senses, and not just our intellect

Seek stimuli from places unexpected and rare  
Connect those dots with a vision laid bare  
Observation sessions become windows to see  
The hidden insights that set our minds free

Commit time to wander, to think and to dream  
Give space for your brain to dance in the stream  
Even when the path seems promising and bright  
Push further, explore, and let ideas take flight

Don't settle for quick fixes, or the first thought in line  
Explore the depth of your thoughts; let them intertwine  
Genius and madness are neighbours in thought  
Cross the fine line, and see what you've sought

Create a culture where all voices can rise  
Encourage the timid, and let dreams materialise  
Broaden experiences, let new ideas bloom  
Ask, "What if we tried something outside of the room?"

Respond with enthusiasm, let no one feel small  
Every idea has merit, let's embrace them all  
Let our minds wander, let them roam free,  
In the tangents of thought, the solutions will be

At times of stillness, our focus is found  
In silence, we sharpen, creativity unbound  
Exercise fuels our minds, a rhythm divine  
In the dance of innovation, together we shine

So let us ignite this spark of the new  
With open hearts and minds, let's see it through  
In the quest for change, we discover our might  
In the brilliance of ideas, we find our light



## **The Mirror of Strength**

Many walk through lives with doubts that loom  
Blind to the truth that most share their gloom  
For in the hearts of those who feel small  
Flaws take centre stage, while strength stands tall

Mentally strong ones don't dwell on the past  
Nor linger in sorrows, their spirits steadfast  
They embrace the change, welcoming the fight  
Speaking their truth, bringing shadows to light

A kind heart guides them, fair in their way  
Yet they won't be silenced, come what may  
They cherish their solitude, treasure their time  
Finding strength in stillness, a rhythm, a rhyme

No one can dim their spark or their glow  
For they know in their essence, their worth will bestow  
Recognising the need is the first step to take  
In a world full of chaos, a choice we must make

In moments of doubt, we often look round  
Hoping a crowd will jump in and astound  
But when we feel lost in a sea of despair  
It's a single soul's gaze that shows they care

Choose one from the masses, call out their name  
By giving them focus, you change the game  
For in that connection, responsibility grows  
And the odds of their action rise high, as it shows

As bystanders, we hold the power to act  
To shatter the silence, to break the cold pact  
"Social loafing" whispers that effort is thin  
But breaking the norm brings compassion within

It's ours to decide if we lend a hand  
To uplift our brothers in this vast land

Psychology teaches us tools we can wield  
To respond to the call, let our kindness be revealed

Why should we help when others can too?  
Yet, in unity's strength, we find what is true  
Responsibility spreads in the shadows of doubt  
But when hearts come together, there's nothing to pout

So, let's stand together, strong and aware  
Embracing the moment, showing we care  
For in the mirror of strength, we truly find  
That helping each other can heal all mankind

## **Vision in Action**

Make the dream visible, let it unfold  
A vision brought to life, a story told  
In every detail, let the colours shine bright  
A tapestry of purpose, woven with light

Create meaning from chaos, lead with a hand  
Inspire followers to understand  
Amid the complexity, let clarity bloom  
Guiding the lost through the fog and the gloom

Be inclusive, embrace every voice  
Not merely tolerating, but making a choice  
Change the old ways, let new paths be paved  
In the garden of difference, let all feel saved

The buck stops here; a leader takes a stance  
In the face of failure, they hold their advance  
But in moments of triumph, they generously share  
The victories are woven in a tapestry fair

Transformational leadership, a dance so divine  
Where both leader and follower together entwine  
Raising each other to heights unexplored  
With integrity and fairness, their spirits were adored

High expectations, yet encouragement flows  
In the garden of talents, each blossom still grows  
Connecting ideas, turning thoughts into action  
Nurturing potential, igniting the passion

Empowering others to feel their worth  
In the soil of belief, watch new leaders birth  
Recognising each contribution, no matter how small  
In a symphony of voices, together we call

Creating a space where ideas can ignite  
Challenging norms, bringing shadows to light

A vision that stirs the hearts and the minds  
In the realm of the possible, true greatness finds

People will follow those who inspire  
A spark of their vision ignites inner fire  
With passion and zeal, great things can be done  
Injecting enthusiasm, the journey's begun

Working alongside a leader so bright  
Can lift you to heights, fill your spirit with light  
They care deeply, wishing for all to succeed  
In this wonderful dance, we find all we need

## **Weight of Shame**

Shame, a social emotion, entwined with our pride  
A feeling that many of us try to hide  
In the depths of our past, memories replay  
Those moments of horror, when we lost our way

This pain, ignites, a fire in our chest,  
A reminder that whispers, "You're far from your best."  
We're wired to connect, to seek out affection  
But shame pulls the threads of our self-connection

It keeps us in line with society's rules  
By breaking those bonds, we become fools  
Ostracised and alone, we dread disconnection  
A fate worse than death, an unbearable reflection

Shame, a powerful force, overwhelms our minds  
A full-body feeling, relentless and unkind  
Easily confused with guilt's heavy weight  
Both are tethered to society, both woven by fate

While guilt speaks of actions, mistakes that we rue  
Shame digs deeper, challenging who we construe  
It tarnishes our self-image, clouds our beliefs  
In the chance to change what brings us grief

A painful emotion, so hard to discuss  
We shy from its shadow, afraid of the fuss  
Yet this deep-rooted fear, the need to be right  
Drives us to morality, to shine in the light

For shame reveals truths, about our nature within  
A disappointment echoed, where our battles begin  
Together with guilt, they dance in the fray  
Two vital emotions, guide our way

When faced with temptation, our conscience awakes  
A moral compass guides the choices we make  
So let us tread softly, with caution and care  
For guilt and shame's lessons are burdens we share

## **Work Culture**

In a realm of accountability, we find our might  
Where freedom reigns and courage ignite  
A culture of ownership, strong and true  
Shapes a work environment that's thriving anew

Consultation blooms in decisions made  
Each voice matters, no thoughts are delayed  
Culture, the glue that binds us tight  
Crafts the values we hold, shining bright

Autonomy breathes life into every role  
Empowering employees to take control  
On the front lines, their spirits soar  
Embodied in service, they represent more

Understanding the impact, they rise to the call  
Knowing their efforts can build or fall  
Engaged and ready, they embrace the change  
Receptive to ideas, they're eager to rearrange

Continuous improvement fuels their quest  
In a unique culture, they strive for the best  
With input and control, they're given the keys  
To solve every issue with newfound ease

Motivated hearts give businesses wings  
Creating a brand that resilience brings  
How we treat others shapes all we achieve  
For in their success, our own we believe

In affluence, we share what we hold dear  
Yet culture's balance can shift with a mere sneer  
From good to bad, the slip can be swift  
When personal gain becomes the heart's rift

Long after we're gone, our legacy stays  
In the culture we nurture, our values will blaze

So let's forge a workplace where all can engage  
And together, we'll write a triumphant page