

Vision in Action



Just Do It!

Just Do It! Let action rise and take the lead
Challenging doubts, fulfilling the need

Let willpower burn, fierce and bright
Let courage soar, into the light
Let the heart drive, steady and true
Let every step bring something new

Just Do It! Break the chains of delay
Just Do It! Embrace the path today
Let dreams ignite, without a pause
Let determination break all laws

Push through the fear, break through the wall
Push through the doubt, rise above it all
Push through the limits, the obstacles high
Push through the barriers, reach for the sky

Fuel the team's success, ignite the spark
Fuel the fire, light up the dark
Fuel the vision, with passion and drive
Fuel the progress, keep the dream alive

Break through hesitation's hold, take the leap
Break through the silence, dive in deep
Break through the walls that stand in your way
Break through the doubt, and seize the day

Empower the mind, let your thoughts be free
Empower the vision, for all to see
Empower the will, with strength and grace
Empower the journey, at your own pace

Creative Thought

Let creative thought ascend and climb
Challenging norms, transcending time

Let the mind ignite when visions arise
Let them be spoken, sharp and wise
Let shared insight deepen, vast and clear
Let individuality remain sincere

Flashes of inspiration, lightning in the mind
Flashes unbidden, from places unrefined
Flashes that break the silence and ignite
Flashes of boldness guiding the light
Flashes that tear the veil and spark
Flashes pushing thought beyond the dark

Challenge the obvious, question the known
Challenge convention, break what's shown
Challenge the hidden, seek what's rare
Challenge the silence, discover what's there
Challenge the limits, reach for the skies
Challenge the barriers where true insight lies

Cultivate creativity, it's more than a gift
Cultivate learning, where minds uplift
Cultivate courage, with fearless heart
Cultivate new beginnings where fresh ideas start
Cultivate ambition, with vision and skill
Cultivate change, where thought breaks the still

Dancing Ideas

Dancing ideas, where thoughts intertwine
In the rhythm of creation, solutions align

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

Don't judge too quickly, don't let ideas fall
Don't dismiss each thought, no matter how small
Don't hold back your doodles, don't stifle your play
Don't let creativity in imagination decay

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

Before our meetings, before we jot down our dreams
Before silence gathers the threads of our schemes
Before we share in a circle, let voices intertwine
Before systematic and open, a process divine

Challenge assumptions, look at things anew
Challenge every perspective, fresh insights come through
Challenge alternatives, both bold and discreet
Challenge the quest for solutions, where answers meet
Challenge every suggestion with thoughtful care
Challenge the dance of ideas, for we all shared

Memory and Creation

Embrace the weight of memory and creation, we inherit the past
Embrace moments engraved in time, fleeting or vast
Embrace each thought as deliberate as a stroke of the hand
Embrace shaping the present, as stories expand

Ignite intentions, like stars cutting through the dark
Ignite guiding our choices, each step leaves a mark
Ignite what we witness, what we sculpt, what we believe
Ignite every thread intertwined in what we conceive

Create, our lives, the canvas, the brush in command
Create through memories, visions, on this foundation we stand
Create beyond limits, mere barriers to break
Create through the mind's power, all dreams we awake

Hold within memory's embrace, the moments that weigh
Hold the sharp flash of joy, of fear, of dismay
Hold each recollection as it transforms in our sight
Hold it shifts with each telling, new wings for its flight

Replay the past, where echoes unfurl
Replay each word a stroke, a world to swirl
Replay with each retelling, the memories fray
Replay twisting the thread as it shifts and sways

Seek, the intention that rises from will and belief
Seek the triad of forces that leads to relief
Seek to act is to will, to desire is to find
Seek the satisfaction when word and action align

Reflect, the world is a mirror, it shows and conceals
Reflect the truths you protect, your debts and your ideals
Reflect on the spark that begins deep in the mind
Reflect to the physical realm, through time it unwinds

Paint your life as a canvas, stretched wide with intent
Paint the essence of all that your spirit has meant
Paint shadows of limitation as illusions unkind
Paint for nothing is bound when you free your mind

Sparking Creativity

From shadows to clarity, we rise with intent
Shifting our focus, guided by strength, unbent

Break through shadows cast by doubt's heavy shroud
Break the automatic thoughts, relentless and loud
Break from the disconnection that tightens its hold
Break the habitual patterns that make us grow cold

Escape, seeking ways to sever the chain
Escape from distractions that entertain but drain
Escape the weight of personalising pain
Escape from polarising thoughts that threaten to stain

Harness the strength within the power we bear
Harness the uplifting thoughts, in stories we share
Harness the path that positive psychology lays
Harness the transformation of stress into brighter days

Release the past, let it rest where it belongs
Release it to the graveyard of memory's songs
Release the urge to nurture the negative beast
Release it before it grows and taints our inner feast

Shift your thoughts, they shape your strife and your mood
Shift with intention, awaken what's good
Shift and dismantle the cycle of despair
Shift with thought-stopping statements, let healing repair

Train your mind when negativity pulls you down
Train with persistence, shift darkness to crown
Train yourself to reach for what you truly desire
Train your focus on hope, let your spirit inspire

Sparking Innovation

Sparking innovation, let ideas unfold
In the fires of creativity, new paths are bold

Inspire in a world where challenges twist and turn
Inspire organisations seek the fire to burn
Inspire to stay ahead in a game that's intense
Inspire constant innovation as our defence

Seek for ideas, fresh and bold
Seek the power to think differently, a treasure to hold
Seek within our teams, let creativity thrive
Seek the paths that keep our visions alive

Explore yourself in colours, sound, and art
Explore multiple intelligences, playing a vital part
Explore stimuli from places unexpected and rare
Explore and connect those dots with a vision laid bare

Cultivate don't settle for quick fixes, or the first thought in line
Cultivate the depth of your thoughts, let them intertwine
Cultivate a culture where all voices rise
Cultivate the timid, let dreams materialise

Respond with enthusiasm, let no one feel small
Respond, every idea has merit, let's embrace them all
Respond, let our minds wander, let them roam free
Respond in the tangents of thought, the solutions will be best
For it's through exploration that we pass every test!

Compassion Amid Difficulties

Compassion amid difficulties, where patience must stay
In understanding their struggle, we find our own way

In knowing the dance of life, I'm no saint
In circling back to habits, where self-interest paints
In moments when someone's shadow drains all the light
In standing firm, how do we hold compassion, despite?

Every challenge they craft, a game of provocation
Every twist of their chaos demands our contemplation
Every "agree or regret," they quietly decree
Every time, I struggle to offer them empathy

Through moments of turmoil, they craft erratic moves
Through battles fought, where logic often proves
Through surprise that erupts from the heart of their storm
Through it all, I wonder, what thoughts in this tempest do form?

Amid their difficulty, I must hold my ground
Amid the urge to let bitterness abound
Amid the struggle, I strive to stay the same
Amid it all, I seek to understand beyond blame

Beneath the burdens they carry, the shadows they hide
Beneath it all, there's a bridge where compassion can guide
Beneath every surface, deeper roots lie
Beneath each battle, echoes of struggle sigh

With every word I honour, deadlines I keep
With respect, I build, in promises deep
With intention, I'll tread, letting kindness expand
With every step, I learn to navigate this intricate land

Negativity to Peace

Negativity to peace, a shift so profound
Negativity breaking the chains where worries are bound

As we grow, we drift away
As we sway from the depths of the self, we stray
As social whispers and trauma's sting
As time's relentless, binding string

Automatic thoughts, a heavy chain
Automatic stress that feeds the mind's pain
Yet in stillness, we can find
A path to peace, a quieter mind

Catastrophising, the worst we fear
Catastrophising thoughts in constant worry, unclear
But questioning thoughts can light the room
But as tension fades, it dispels the gloom

We hold beliefs that fuel our dread
We hold beliefs, untruths lingering in what's said
Noticing when the cycle spins
Noticing, the first step to where freedom begins

A prison built of anxious thought
Yet with each step, we learn we're not caught
Negative thoughts may threaten to drain
But with practice, we break the chain

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

The Mirror of Strength

In the mirror of strength, we see who we are
In the mirror of power, whether near or far

Many walk through life with doubts that loom
Many are blind to the truth, sharing their gloom
For in the hearts of those who feel small
For flaws take centre stage, while strength stands tall

Mentally strong ones don't dwell on the past
Mentally strong, they let go of sorrows, their spirits steadfast
They embrace change, welcoming the fight
They speak their truth, bringing shadows to light

A kind heart guides them, fair in their way
A kind heart, yet they won't be silenced, come what may
They cherish solitude, finding strength in stillness
They find rhythm, a rhyme, in their reflection of willingness

Choose one from the masses, call out their name
Choose to focus on them, and change the game
For in that connection, responsibility grows
For in that action, the odds of success shows

As bystanders, we hold the power to act
As bystanders, we shatter the silence, break the pact
It's ours to decide if we lend a hand
It's ours to lift our brothers in this vast land

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

Weight of Shame

"Weight of shame" settles deep in the soul
A heavy burden that takes its toll

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

This pain ignites, a fire in our chest
This pain whispers, "You're far from your best."
We're wired to connect, to seek affection
We're pulled apart by shame, breaking our self-connection

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

Shame, a force that overwhelms the mind
Shame, a full-body feeling, relentless and unkind
Easily confused with guilt's heavy weight
Easily woven by society, both tethered by fate

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

A painful emotion, hard to discuss
We shy from its shadow, afraid of the fuss
Yet it reveals truths about our nature within
Yet it echoes disappointment, where our battles begin

Blame, Is No Game

Blame is no game, where truth slips away
In compassion and understanding, we find our way

As we dwell in the realm of right and wrong
As we label others, where they belong
As the lines blur, leading us astray
As blame distorts the roles we play

A victim's crown, a hero's fall
A twist of fate can change it all
A morality, a fragile thread we weave
A good deed may shine, but none relieve

We crave clarity in chaos, a cause to define
We seek, yet anger's allure clouds the design
We blame others, shielding our hearts
We let understanding silently depart

Emotions caught in the web of selfish desires
Emotions consume as reason retires
Emotions blind us to the true path, the lessons of grey
Emotions follow patterns of thought that lead us astray

Thus, pause in the storm, seek the deeper root
Thus, reckless blame is a common pursuit
Thus, rise above anger, to see with more care
Thus, navigate life with compassion to share

Greed Has a Cost

Greed has a cost, where virtue may fade
In the pursuit of wealth, true values are swayed

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

Greed weaves its web, a strong driving force
Greed in the upper class, guiding them off course
In wealth's warm embrace, morality bends
In wealth, ethical lines blur as ambition transcends

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

In the dance of self-interest, unchecked and free
In the rise of social decay, we plainly see
Those with abundance may deceive and betray
Those with power, withholding truth, letting fairness decay

So let us remember, in this world of divide
Not forget, wealth does not guarantee virtue inside
In the tapestry woven of humanity's thread
In compassion's value, greed leaves us dead

Purpose and Integrity

Purpose and integrity guide the way
In every choice, our truth must stay

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

Nobody can change unless they first choose
Nobody can find wisdom until they seek paths to use
Integrity whispers, urging us to do right
Integrity in every small choice, we find guiding light

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

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

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

In shades of grey, where clarity may blur
In shades of confusion, we navigate choices as our voices confer
With skills and support, let your journey unfold
With every step, for the life you create is a story retold

Career Excellence

Career excellence, where passion meets skill
In growth and persistence, we rise and fulfil

Discipline in the world of work, where deadlines loom
Discipline clears away the gloom
Discipline is what employers seek
Discipline delivers projects, strong and unique

Collaboration is key, in groups we unite
Collaboration achieves our goals and sets our sights right
Collaboration brings transferable skills, a treasure to find
Collaboration paves the pathway to growth for body and mind

Perseverance shines when challenges rise
Perseverance is valued by those who aim for the skies
Perseverance fuels the journey we take
Perseverance finds the way through, no matter the stakes

Personal development, a quest to know
Personal development discovers strengths and how they grow
Personal development breaks down the walls
Personal development evaluates challenges, answering the calls

Soft skills are treasures that employers crave
Soft skills bring a positive spirit, brave
Soft skills shine when tasks pile high
Soft skills with time-management make us fly

Experience builds in ways to explore
Experience offers more than industry lore
Experience speaks louder than grades on a sheet
Experience fuels the passion that makes us complete

Career Growth

Career growth, where potential takes flight
With skills and passion, we reach for the light

Employability skills, a treasure to find
Employability brings calm when chaos wails
Employability enhances your CV and mind
Employability ensures that calm prevails

Creativity calls, fresh ideas take flight
Inspire innovative minds bring visions to light
Inspire employers seek those who think outside lines
Inspire with intuitive sparks that help businesses shine

Master effective communication, a vital key
Master emails and presentations, let clarity be
Master a positive attitude, eager to learn
Master adaptability, and respect you will earn

Embody transferable skills, a versatile tool
Embody dependability and reliability, with enthusiasm in tow
Embody hard work and dedication, as they help you grow
Embody these traits in the world of work, and let your passion show

Embrace flexibility, for change is a must
Embrace adaptability's essence, it lies deep in your trust
Embrace taking the initiative, embrace the unknown
Embrace seeing the big picture, let your talents be shown

Unleash these skills, let them shine bright
For in the world of work, your spirit takes flight

Commitment and Growth

Commitment and growth, where passion aligns
In every small step, our purpose shines

When we succeed, we must embrace
When our commitment shines in the goal we chase
When progress falters, and that's okay
When every small step moves us on our way

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

With expertise gained from battles fought
With mistakes seen as lessons sought
With creativity fuelling every role
With that, what's the best way to inspire the soul?

Even small wins can lift us high
Even as nurturing the spirit lets days go by
Even discipline builds habits, new and bright
Even routines that spark delight

Clear goals set forth, resources in hand
Clear recognition helps us understand
Clear daily aims keep progress in sight
Clear focus on what matters feels right

Motivation ignites with every small win
Motivation fuels your journey from within
Motivation grows from feedback misunderstood
Motivation signals commitment, leading to good

Essence of Leadership

Essence of leadership, where vision aligns
Inspiring change, where purpose shines

For centuries, tales of leaders have been spun
For those revered and those who came undone
For Christ and Buddha, wisdom bestowed
For conquerors fierce, whose legacies flowed

In a world where change is desperately sought
In transformational leaders, new chains are wrought
In their vision igniting, uplifting the rest
In creating a culture where potential is blessed

To shape organisations, focus on the core
To harness leadership's power to open the door
To recruit the right, nurture their rise
To unlock a future where possibility flies

Transformational leaders embrace the unknown
Transformational ideas, they make dreams their own
Transformational navigation, igniting the team
Transformational pursuit of growth in every dream

Have you felt the shift when a leader stands tall?
Have you seen a vision that unites us all?
Have you felt the passion recharging the dark?
Have you witnessed a leader ignite the spark?

Admired for courage, they walk the talk
Admired by all with each step they walk
Admired for motivating, touching every heart
Admired are leaders mastering the art

Work Culture

"Work Culture" is the foundation we lay
A thriving environment where hearts find their way

In a realm of accountability, we find our might
In freedom's reign, where courage ignites
In a culture of ownership, strong and true
In shaping a work environment, thriving anew

Consultation blooms in each decision made
Consultation where every voice won't fade
Consultation forms the glue that binds us tight
Consultation crafts values, shining bright

Autonomy breathes life into every role
Autonomy empowers employees to take control
Autonomy lifts spirits on the front lines more
Autonomy embodied in service, they soar

Understanding impact, they rise to the call
Understanding their efforts, to build or fall
Understanding and ready, they embrace the change
Understanding ideas, eager to rearrange

Continuous improvement fuels their quest
Continuous growth, striving for the best
Continuous hearts give businesses wings
Continuous resilience, the brand it brings

Long after we're gone, our legacy stays
Long in the culture, our values blaze
Long we'll forge a workplace where all engage
Long together, we'll write a triumphant page

About Awareness

About awareness, where thoughts intertwine
In silence we listen, to truths we define

We ponder thoughts, a shared embrace
We imagine minds, each intricate trace
We sit in silence, our actions sway
We fear the truth, and often delay

It's easier to seek what we want to hear
It's simple to shun discomfort that's near
It's hard to see the ripples we send
It's through our words that messages bend

A bloom of awareness, the seed of our growth
A quiet reminder of our human oath
A call to embrace both flaws and light
A step through our battles, we grow through the fight

Through daily reflections, emotions we tame
Through capturing moments, we learn and reclaim
Through patience, we nurture a keen self-insight
Through building connections that flourish in light

The world shifts in colours, diverse and profound
The more we listen, our hearts will rebound
Though distractions may linger, we'll hold our ground
In the chaos of thought, our truths will be found

Embrace the mirror, reflect and explore
Embrace the complexity of what's at our core
Embrace awareness, as spirits take flight
Embrace navigating life through shadows and light

Achieving Balance

Achieving balance, where strength meets the calm
In the dance of life, we find our own balm

Sometimes stress is normal, a part of our days
Sometimes a spark that lights up the way
Sometimes it shapes our minds, for better or worse
Sometimes it's a force, a complex universe

Our focus is on speed, on strength in the fight
Our bodies are prepared, ready to take flight

Through relaxation, let tension unwind
Through music and meditation, peace you can find
Through exercise flows, with benefits galore
Through endorphins released, bringing joy to the core

With each step and movement, a feeling of bliss
With activity that curbs anxiety's hiss
With meditation whispers, guiding the mind
With calming the chaos, leaving stress behind

A chronic stress lingers, an ageing accelerant
A weight on the shoulders, a burdensome tenant
A force not out there, but within we perceive
A grip of the mind, where grief can conceive

Yet too much pressure can blur our sight
Yet limiting change, dimming our light
Yet we can choose resilience, empower our hearts
Yet stress is a given, but need not tear us apart

Change is constant, a familiar friend
Change brings new beginnings, where old ways end
Change teaches balance, how to care and prepare
Change guides us through life, with wisdom to share

Awareness Blueprint

Blueprint of awareness, where vision takes shape
In mastering ourselves, our futures escape

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

Discover self-control as the compass we wield
Discover we navigate life, and our fates are revealed
Discover those who master this art, with discipline tight
Discover their futures burn bright, their paths filled with light

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

Understanding to be more aware means to see with new eyes
Understanding our truths, the lows and the highs
Understanding with insight and kindness, we lessen the strain
Understanding to adjust our actions to lift those in pain

But we may guide others toward the light of their mind
But only if earnest, their truth they must find
But let go of excuses, rise to the quest
But failure's a test, a chance to invest

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

Emotions as Guides

Emotions as guides, where wisdom resides
In each feeling's lesson, our growth abides

You may not see emotions as fuel for the fight
You may not know they push us toward light
You may find them driving action, steering our way
You may feel them shape the words we say

Pride lifts us higher, igniting self-worth
Pride fills our spirits with optimism's birth
Pride elevates us, but shame whispers near
Pride can be shadowed by shame's quiet fear

Shame whispers softly, a veil we bear
Shame tells us we've stumbled, leaving us in despair
Shame makes us vulnerable, tender inside
Shame is an emotion we struggle to hide

Guilt can be tricky, a feeling we shun
Guilt nudges us to mend what we've done
Guilt reminds us of actions not right
Guilt paves the path back toward the light

We often think guilt is an enemy to flee
We fail to see how it helps us to be
We carry these feelings with meaning to show
We learn from them as we grow

These emotions are teachers, with wisdom to lend
In guiding choices on which we depend
These feelings, embraced, will lead us inside
These truths, in each emotion, will always abide

Perception

Perception shapes the lens through which we see
A reflection of truth, yet warped by what may be

Have you ever wondered how others perceive?
Have you thought what truths they might leave?
Have you asked friends, family, acquaintances near
Have you pondered what they'd say if their thoughts were clear?

We see ourselves through a lens uniquely clear
We know others view us from a different sphere
We find it enlightening, this step back we take
We analyse from afar, for our own sake

Two visions exist, yours and theirs, side by side
Two perceptions meet, where they often collide
Two controls you hold, yours and theirs, both fair
Two seeds are sown from perspectives they share

We're caught in our stories, believing each line
We're dimmed when those tales darken our shine
We're able to shift the plot we live today
We're empowered to let the darkness give way

It starts with a choice, taking charge of your view
It shifts what others craft, can they see true?
It reflects who we are, what we believe
It shapes our lives by what we perceive

Defining Goals

Defining goals, where dreams take flight
In clear intentions, we spark the light

Positive emotions ignite the fire
Positive energy pushes us higher and higher
Positive wins we share for the world to see
Positive reminders of who we're striving to be

Process goals guide us, keeping us calm
Process focus serves as a soothing balm
Process control lets us find our grace
Process mastery carves out our place

Setting and achieving, a cycle of cheer
Setting goals fuels confidence, banishing fear
Setting longterm visions makes the way clear
Setting short-term steps draws our dreams near

Goals are the cornerstone of lasting success
Goals guide us through challenges, helping us progress
Goals chart our course, defining where to go
Goals carve out futures with passion aglow

Athletes and dreamers set their sights
Athletes chase goals through days and nights
Athletes quest for connection, control, and more
Athletes unlock magic in a well-defined core

Thus, let's embrace this journey we share
Thus, hearts full of purpose, dreams in the air
Thus, in pursuit of what we hold dear
Thus, we find our true selves, our vision clear

Embracing Change

Embracing change, where growth takes its form
In stepping through fear, we weather the storm

Value lies in the eye of the beholder
Value shifts as our thoughts grow bolder
Value your goals before you embark
Value the compass that guides through the dark

The choices you make, your best alternative
The path you shape defines the life you live
The efforts you give should match the demand
The intentions you set must always be grand

Listen to faster music, let rhythm inspire
Listen to your instincts, ignite inner fire
Listen to your body when choices arise
Listen for awareness in decisions so wise

Stop overthinking, let worries unwind
Stop fretting, adopt an attitude kind
Stop fearing the "what if," let it take flight
Stop and imagine success in the light

Yet something inside stirred restlessly still
Yet the unknown beckoned with a thrilling will
Yet growth lies where comfort can't stand
Yet taking risks became part of the plan

Each honest word brought me closer to peace
Each truth spoken helped the weight release
Each step in the journey lets the heart lead
Each answer you seek lies in truths you heed

Fulfilling Goals

Fulfilling goals, where dreams take flight
In each step we take, our future feels bright

Achievement goals guide the way we strive
Achievement drives us, helping us thrive
Achievement fuels our quest for success
Achievement aspirations pushing us to be our best

As social beings, we crave connection's embrace
As we share our dreams, we find our place
As we weave our thread in life's grand design
As we find support, our spirits align

Sometimes a little mischief can be wise
Sometimes a detour beneath open skies
Sometimes in progress, we measure our gains
Sometimes sharp goals cut through mundane strains

Celebrate each victory, both big and small
Celebrate every step toward greatness for all
Celebrate smaller targets on the road to the grand
Celebrate avoiding the pitfalls where failures stand

Motivation stirs deep within our core
Motivation pushes us toward desires we long for
Motivation chases the thrill of the win
Motivation finds joy from within

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

Journey to Self

Journey to self, where truths unfold
In the search for meaning, we become bold

We are shaped by our experiences
We don't always know who we are within
We may not see the places we long to grow
We often search for truths we can't begin

From childhood, we've been moulded
From beliefs, values, and demands we've learned
From society's pressure to conform
From others' hands, our lives were turned

At my worst, I felt so lost
At times, as though I didn't exist
At the edges of a group, I couldn't fit
At that point, my own identity was missed

For a time, I hated myself too
For thinking I wasn't enough to belong
For feeling ugly, stupid, strange, I wished
For another life, where I felt strong

For why do people hate themselves?
For life is not a straight line to trace
For it's not a race or a timeline to chase
For it's never too late to find your place

You're allowed to backtrack and start anew
You're free to stumble, no one's judging you
You're not alone in feeling unsure
You're not the only one seeking the cure

Lessons Learned

Lessons learned through trial and strife
Shape the path, the story of life

In the dance of failure, growth is found
In the silence of reflection, truths abound

Once a lesson is learned, we take our flight
Once we miss its truth, we circle in plight
Endless chances to learn what we missed
Endless opportunities repeat with a twist

Believe there's a lesson, consent to embrace
Believe in the shadows you might have placed
Take time in solitude, reflect on your role
Take pause in chaos to find your soul

Blame leads to punishment, a weight we can't bear
Blame clouds our vision, hiding the truth we share
Our instinct is to lash out, feel guilt and shame
Our ambitions thwarted, we feed the self-blame

Worrying about others and faults we dissect
Worrying drains our spirit, neglects the intellect
To gain control, we yearn to possess
To challenge our thoughts, and seek deeper stress

In the tapestry of life, where shades of grey blend
In acceptance of the journey, let the lesson mend

Rewriting Our Lived-By Stories

Rewriting our lived-by stories, we rise
Transforming the past, reaching for the skies

When we seek to improve, the advice is clear
When we find role models to steer us near
When we aim for higher ground
When raising expectations with wisdom we've found

Why do I stop myself from celebrating me?
Why have I looked down on those who promote, can't you see?
Why do I shy from shining in my light?
Why when my work calls for a greater sight?

I believe in what I do
I work with teams to see it through
I have principles to guide my day
I have a manual for life to show the way

Your life is more than just the facts
Your life is the way you weave the tracks
Your story's not a list, cold and plain
Your life is alive with joy and pain

We tell ourselves stories to survive
We seek to understand why we're alive
We shape our lives, through and through
We are these stories, and they are us too

Our stories change, evolve, and grow
Our stories are more positive as time begins to flow
And by learning how these tales are spun
And rewriting our lives, we can begin one by one

Shadows to Clarity

From shadows to clarity, we take our stand
Shifting our focus, with strength in hand

In shadows cast by stress and doubt
In automatic thoughts that weave about
In disconnection from our core, we fold
In habitual patterns, we grow cold

We search for ways to break the chain
We find distractions, but they bring no gain
We personalise pain, wearing the blame
We polarise thoughts, painting life the same

Yet evidence shows the power we hold
Yet in uplifting thoughts, new stories are told
Yet positive psychology lights the way
Transforming stress into brighter days

Let the past rest where it belongs
Let it be buried in silence, where it prolongs
Let your inner feast find peace, not greed
Let your spirit grow, fulfilling its need

Our thoughts shape our mood, our stress, our strife
Our thoughts create the path to a new life
A simple shift can awaken the soul
A decision to break the cycle, making you whole

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

Achieving Clarity

Achieving clarity, where fog fades away
In each focused thought, we find light in the day

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

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

A short-term memory falters, new learning feels tough
A concentration wanes, and it's never enough
A tangled mess of words, thoughts drift away
A foggy haze wraps around the day

With music, sweet music, offering a balm
With rhythms that lift, and melodies calm
With faster beats sparking a fire, a vibrant delight
With slower tunes soothing, releasing the night

In exercise beckons a movement divine
In endorphins that rise, and in rhythm, we shine
In each step we take, worries begin to fade
In the dance of our bodies, new strength is made

For we discover the magic, the link that is real
For between movement and joy, the power to heal
For 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

At the heart of work, where passion ignites
In purpose and drive, we reach new heights

In workplaces across the land
In apathy that lingers, a fog in the air
In detachment from their tasks, lost in despair

When hearts are heavy, commitment fades
When happiness blooms like a flower in spring
When joyful hearts, new ideas take wing

Can emotions and thoughts weave a complex thread?
Can they guide our actions in the paths we tread?
Can meaningful work, though often mundane
Can it become a source of pride, not just for gain?

But setbacks loom, casting shadows of doubt
But every forward motion counts, no doubt
But motivation sparks like a flame in the night
But catalysts of progress bring ideas to light

Respect the spirit with kindness and cheer
Respect interpersonal connections that draw people near
Respect their minds, let intellect grow
Respect the tools for their passions to show

As people arrive, they bring all their dreams
As hearts and minds mingle in intricate seams
As motivation sways with the goals they believe
As emotions entwine with the perceptions they weave

For in the dance of the workplace, let spirits ignite
For when hearts are engaged, the future is bright

Power of Thought

Power of thought shapes the life we weave
A force that guides us, making us believe

Caught in a dance of thoughts and dreams
Caught in the whirl of memories, it seems
In the stillness of restful awareness
In that quiet, we find conscious fairness

Release your intentions, let desires fade
Release all need for the prize to be made
Let go of the need for a specific gain
Let wisdom bloom where uncertainty reigns

Dominant thoughts shape what will be
Dominant choices craft the destiny we see
In the flow of decisions, I cultivate
In conscious acts, I create my fate

My mind is a garden, and I choose what to plant
My beliefs will guide me, no matter how scant
At the core of existence, my world is aligned
At the heart of creation, my thoughts are designed

Repetitive thoughts carve pathways so grey
Repetitive patterns guide me each day
Change your mindset, reshape the light
Change your reality, emerge from the night

The brain is a canvas, vast and alive
The brush of intention helps new worlds thrive
In this dance of creation, I find my song
In the symphony of thought, I truly belong

Vision in Action

"Vision in Action" begins with a spark
A dream that ignites, lighting the dark

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

Create meaning from chaos, lead with care
Create a path where followers can dare
Amid complexity, let clarity bloom
Amid the fog, guide the lost through gloom

Be inclusive, embrace each voice
Be the change, let new paths rejoice
The buck stops here, a leader stands tall
The rise of triumph follows through it all

Transformational leadership, a divine dance
Transformational bonds where both enhance
High expectations, encouragement flows
High in the garden where each talent grows

Empower others, recognise their worth,
Empower the soil where new leaders birth
Creating space where ideas take flight
Creating change, bringing shadows to light

People follow those who inspire
People ignited by the spark of fire
With passion and zeal, great things can be done
With enthusiasm, the journey's begun