



IF THE MOUNTAIN SEEMS TOO BIG TODAY  
THEN CLIMB A HILL INSTEAD  
IF THE MORNING BRINGS YOU SADNESS  
IT'S OK TO STAY IN BED  
IF THE DAY AHEAD WEIGHS HEAVY  
AND YOUR PLANS FEEL LIKE A CURSE  
THERE'S NO SHAME IN REARRANGING  
DON'T MAKE YOURSELF FEEL WORSE  
IF A SHOWER STINGS LIKE NEEDLES  
AND A BATH FEELS LIKE YOU'LL DROWN  
IF YOU HAVEN'T WASHED YOUR HAIR FOR DAYS  
DON'T THROW AWAY YOUR CROWN  
A DAY IS NOT A LIFETIME  
A REST IS NOT DEFEAT  
DON'T THINK OF IT AS FAILURE  
JUST A QUIET, KIND RETREAT  
IT'S OK TO TAKE A MOMENT  
FROM AN ANXIOUS, FRACTURED MIND  
THE WORLD WILL NOT STOP TURNING  
WHILE YOU GET REALIGNED  
THE MOUNTAIN WILL STILL BE THERE  
WHEN YOU WANT TO TRY AGAIN  
YOU CAN CLIMB IT IN YOUR OWN TIME  
JUST LOVE YOURSELF TIL THEN