

“Think Like a Tree”

by Karen I. Shragg

Soak up the sun
Affirm life’s magic
Be graceful in the wind
Stand tall after the storm
Feel refreshed after it rains
Grow strong without notice
Be prepared for each season
Provide shelter to strangers
Hang tough through a cold spell
Emerge renewed at the first signs of spring
Stay deeply rooted while reaching for the sky
Be still long enough to
hear your own leaves rustling.

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