**Short uplifting poems**

*It's all I have to bring today by Emily Dickinson*

It's all I have to bring today—

This, and my heart beside—

This, and my heart, and all the fields—

And all the meadows wide—

Be sure you count—should I forget

Some one the sum could tell—

This, and my heart, and all the Bees

Which in the Clover dwell.

*“Risk” by Anais Nin*

And then the day came,

when the risk

to remain tight

in a bud

was more painful

than the risk

it took

to blossom.

*It takes courage - author unknown*

It takes strength to be firm,

It takes courage to be gentle.

It takes strength to conquer,

It takes courage to surrender.

It takes strength to be certain,

It takes courage to have doubt.

It takes strength to fit in,

It takes courage to stand out.

It takes strength to feel a friend's pain,

It takes courage to feel your own pain.

It takes strength to endure abuse,

It takes courage to stop it.

It takes strength to stand alone,

It takes courage to lean on another.

It takes strength to love,

It takes courage to be loved.

It takes strength to survive,

It takes courage to live.

*I shall pass through by Etienne de Grellet*

I shall pass through this world but once.

If therefore, there be any kindness I can show,

or any good thing I can do, let me do it now:

let me not defer or neglect it, for I shall not pass this way again.