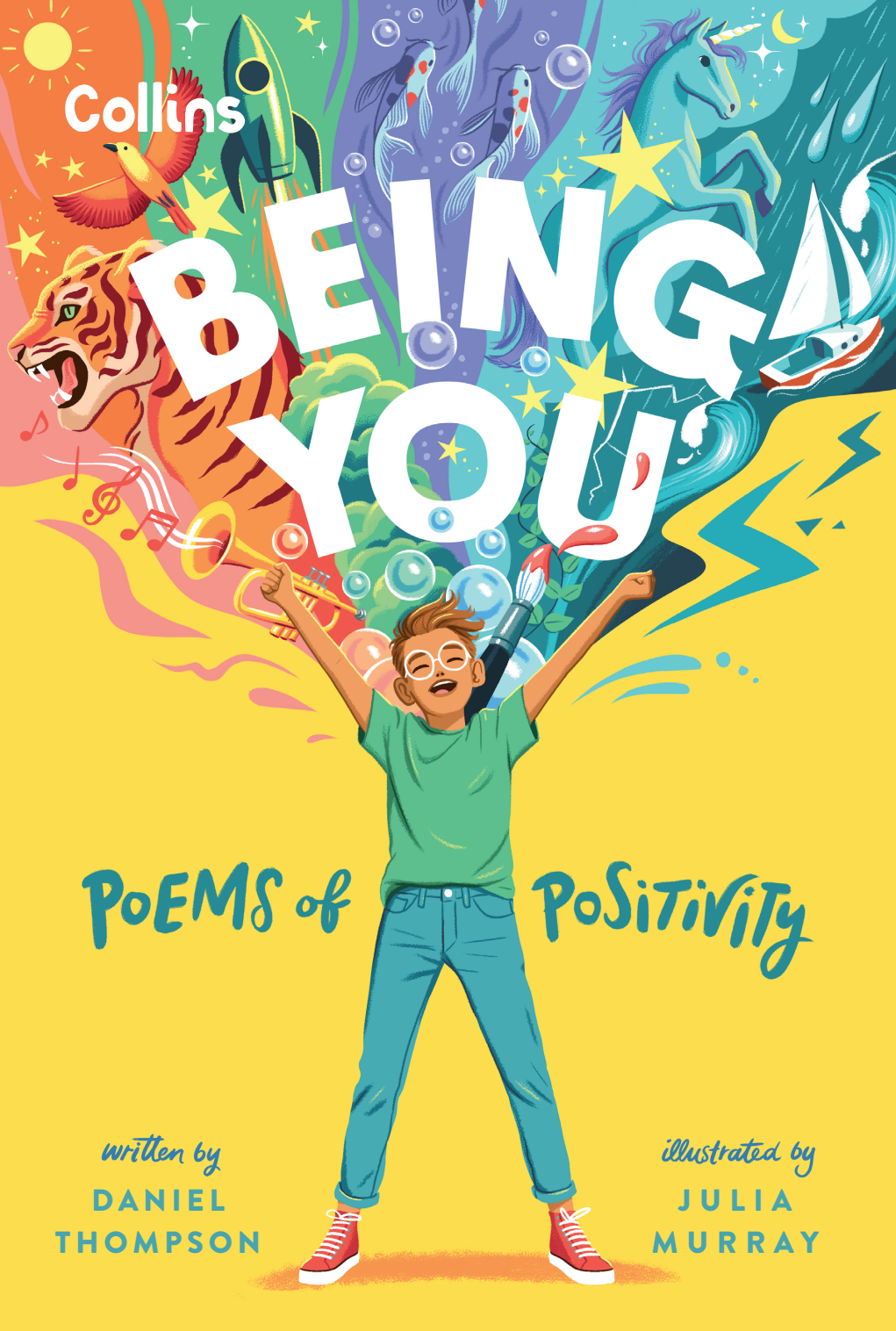

Collins
BEING YOU
POEMS of POSITIVITY
written by
DANIEL THOMPSON
illustrated by
JULIA MURRAY

BEING YOU



For Mollie and Ziggy
Always be you,
whoever that may be!

– DANIEL THOMPSON



BEING YOU

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BEING
YOU



Every morning when you wake,
There're two yous you can be.
The second costs an awful lot,
The first's already free.

The second takes all day to do,
The first's already done.
The second has a lot at stake,
The first is rather fun.

The second leads to worry,
Scrutinising what you've said.
The first is freely thinking,
Wondrous thoughts inside your head.

So every morning when you wake,
Which person will you be?
Will you act like someone else?
Or just say I AM ME!

LIVE LIFE IN COLOUR





Think of your life,
As a sketch drawn in pencil.
An outline of where to begin.
A near blank canvas,
Of endless potential,
And your job's to colour it in!

But not with a crayon,
And not with a pen.
No, the marvellous colours you'll use,
Are found in the moments,
Between now and then,
Of the life that you lovingly choose.

There's colour in smiling,
And laughing too much,
In success when you're out of your depth.
There's colour in love,
And its delicate touch,
And the moments you didn't expect.

There's colour in travelling,
And seeing the world,
In the words of the minds you admire.

There's colour in petals,
That gently unfurl,
And the wonderful friends you acquire.

There's colour in sunsets,
That lead to tomorrow,
And moments spent under the stars.
There's colour in music,
From gentle piano,
To punk bands with thrashing guitars.

So take a broad brush,
And your canvas of white,
And paint every wonderful hue.
From delicate shadows,
To dapples of light,
'Til you've painted the picture of you!

And know as you grow,
The more life that you live,
The more wonderful colours you'll see.
And the more that you try,
And the more that you give,
The more vibrant your canvas will be.



FOLLOW YOUR



DREAMS



If you think you've found your focus,
And you're hanging on a dream.
Don't wait until you're noticed,
Go ahead and make some steam.

You don't have to ask permission,
So displace your grace and poise.
Make fate your own decision,
Go ahead and make some noise.

Let people know you're coming,
Quietly waiting rarely pays.
Get loudly up and running,
Go ahead and make some waves.

Stop hiding in the covers,
Be the roll of your own wheel.
Don't leave your dreams to others,
Go ahead and make them real.



Some people try to put you down,
By telling you you've changed.
But nothing born upon this Earth,
Is meant to stay the same.

Just think about the butterfly,
Who flutters by and know.
Sometimes, no matter who you are,
You have to change to grow.

MAKE THiNGS HAPPEN

When circumstance provides a glance,
Of something that you crave.
Go take your shot with all you've got,
Be confident and brave.

Don't waste your time, don't wait on signs,
Don't look for hidden patterns.
The perfect time is always now,
So go and make things happen.

Don't play it safe to save some face,
Just give yourself a shove.
You can fail at what you hate,
So do the thing you love.



BE CURIOUS

Now I need to be honest here, right off the bat,
Curiosity possibly has killed a cat.
Or two, or three. But here's a fact,
Curiosity's given us much more than that.

It's the reason you're you, it's the reason we're here,
And perhaps you can't see it but let me be clear.
From the edges of space to the depths of the ocean,
Curiosity comes in perpetual motion.

It's every invention you might care to mention,
From motor car rumbles to rocket ascension.





It powers computers, it choreographs dances,
It's medical marvels and wondrous advances.

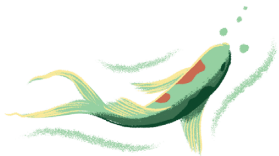
It's the weight of an apple, the scientist's beaker,
The roof of the chapel, the call of eureka!
It forms the foundations of deep conversations,
And senses vibrations in far constellations.

It walks to the poles, it discovers new nations,
Climbs mountains, builds fountains, exceeds expectations.
It's fabric, it's dinner, it's riding your bike,
It's aeroplanes, music, electrical lights.

It's taking a chance, and it's daring to dream,
It's being yourself, whatever that means.
And perhaps curiosity sealed the cat's fate,
But it's also the reason that people are great.

So I'm willing to risk making feline fans furious,
As I strongly advise you to always be curious.


STAY
CALM



Panic and worry show up in a hurry,
Long before reason or rhyme.
Your feet start to pace and your mind starts to race,
As an army of thoughts seize your mind.

And it's hard to stay calm, and it's hard to stay strong,
And it's easy to focus on how it's gone wrong.
As a spiral of doubt pulls you further below,
Convinced of a worst-case scenario.

And yes, there's a chance that you might be correct,
And things will unfold in the way you expect.
But time after time you will find your position,
Will end up less scary than what you envision.

And mostly you'll manage, and mostly you'll cope,
And mostly things work out the way you would hope.
And mostly you'll notice when all's done and said,
The worry and panic was just in your head.

So rather than twisting yourself in a knot,
Stop for a second, breathe deep and take stock.
Wait for the outcome, and mostly you'll find,
Life will continue and things will be fine.

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