

## **If**

If I can keep my eyes focused on what's ahead,  
And allow what's behind me to simply be dead –  
Then I will make it.

If I can keep a firm grip on the present elements in my hand,  
And wisely position my feet so that I always stand –  
Then I will make it.

If I can accept that rocky ground and steep climbs  
Are necessary obstacles to be conquered with patience and  
time -  
Then I will make it.

If I can muster my strength to keep pressing on,  
Especially in times when it seems I'm being baked by the sun  
–

Then I will make it.

If I can learn to crucify my pride,  
By praying for strength and allowing my friends to stand at  
my side –

Then I will make it.

If I can fully embrace the good that's inside,  
Relinquishing fear, doubt, and shame, so it can shine –

Then I will make it.

If I can do all of these things one day at a time,  
Knowing that I'm not perfect, and that being fine –  
Then I will make it.

**Malcolm O. Varner**