

BIG ME, LITTLE ME

I looked inside my mind,
To see what I could find.
I was surprised to see a spirit called BIG ME.

Full of courage, faith and love
A Gift for sure from the one above.
It said "You can, you will, you must"
All is yours if you will trust.

BIG ME says "You can do it, charge ahead.
You have strength, there's nothing to dread.
Day by day, just do your task
All is yours if you'll just ASK.

Filled with energy, vitality and hope
With all of my trials, I now can cope.
Victory is mine, I'll claim that cup!
Nothing will stop me, I am on my way up!"

Then something appeared at the side of my mind
From the corner came feelings of another kind.
A horrible creature called LITTLE ME
Reared its ugly head, for all to see.

LITTLE ME is unsure, full of double and fears
"You can't do it " always cheers
It wants me to walk on the downbeat side
Dark emotions of guilt and inertia are its pride

So, now I'm confused, which shall I follow?
LITTLE ME says "Be jealous and hollow"
"Do you really believe that you can be great?"
It is in control when I am filled with hate.

Then I stamp my foot and take a stand
I chose BIG ME to lead my band.
I'll do my work and reap the reward,
Negative thinking I can't afford.

LITTLE ME—BIG ME will always be inside
To which do I give the power to be my guide?
They will struggle but the choice is mine
I'll pick BIG ME and I'll be fine.

As long as I know that every day
LITTLE ME will want to act out its play.
I'll just relax and say "It's okay,
I know you have come, but you can't stay."

BIG ME is my special friend
I'll choose to walk with her to the end.
I pray each day with thanks and love
For this BIG ME - My gift from above.