

'I will not die an unlived life...' TRANSCRIPT

I've recently taken on a couple of big pieces of work which have been a stretch – a delightful and exciting one, but also a challenging, scary, impostor-syndrome filled one. I've engaged in conversations about money that were clunky and difficult, talked about skin colour in a room full of black Rwandans, and facilitated a call that stretched me to my limits and back.

In the middle of it all, I found a poem appearing in my social media feed. It reminds me of why I am choosing to stretch into new opportunities and challenges, even when it's really difficult, or uncertain, or lonely. I love it so much that it's now on my screensaver, and my desktop, and pretty much everywhere. And I want to share it with you in case it's helpful with whatever choices you are making. So here is 'I will not die an unlived life' by Dawna Markova:

I will not die an unlived life
I will not live in fear
of falling or catching fire.
I choose to inhabit my days,
to allow my living to open me,
to make me less afraid,
more accessible,
to loosen my heart
until it becomes a wing,
a torch, a promise.
I choose to risk my significance;
to live so that which came to me as seed
goes to the next as blossom
and that which came to me as blossom,
goes on as fruit.

I hope that offers you something to take into your day.

