

## WARRIOR

When the world is on your shoulders  
And your heart feels full of lead  
And your stomach churns like butter  
And the voice inside your head  
Is reminding you of everything  
You've ever said or done  
All your failures and regrets  
All the times your fear has won  
Take a minute to remember  
That you've survived this all before  
You've battled and you've conquered  
When you thought you had no more  
You are stronger than you realise  
You are brave and wise and kind  
And you know you're so much bigger  
Than the doubts that fill your mind  
So breathe it in then let it out  
Allow the ebb and flow  
You can win this war, you always do  
You're a warrior you know.

by Laura Ding Edwards