

# MOVE ON

Seize The Day

Make the most of what you've  
got

It doesn't have to take a lot  
With a little planning and a set  
routine

Gets the covers back with the  
promise of caffeine

**ELEVATE**



# MOVE ON

I put my clothes out the night  
before  
Cos in the morning it's another  
chore  
It is hard enough to get my  
feet on the floor  
One less thing before I get out  
the door

**ELEVATE**



# MOVE ON

I really hate it, but an alarm a  
must

I stretch over and slam it in  
disgust

But it gives me the push that I  
need

I need those hours in the day  
to succeed

**ELEVATE**



# MOVE ON

I take some time, no need to  
rush

A shower, a cuppa, my teeth  
to brush

Sit for a while, no telly or  
phone

What can I achieve and not  
postpone?

**ELEVATE**



# MOVE ON

A look at my to-do list, I've  
written it down  
I feel this helps so I do not  
drown

In will I do this? Or will I do  
that?

And then do nothing, it's how I  
combat

**ELEVATE**



# MOVE ON

So, get a diary and make  
some dates

Shopping or a coffee with  
some mates

Plan ahead and seize the day

Because life's too short to  
whittle away

- Linda

**ELEVATE**

