

## Finish Strong

When you most feel like giving up,  
The moment that all hope seems lost,  
No matter how behind you are,  
Reach down inside and finish strong.

Each time you fall, get up again,  
Come rain or shine, against the wind,  
Uphill, through mud, through thick and thin,  
Begin and finish, strong.

Do not look back, do not despair,  
If all you seem to grab is air,  
Although you have searched everywhere,  
Keep reaching, just the same.

And life does not get easier,  
It gets harder, it gets better.  
It challenges the fastest, strongest,  
Weakest, and the lame.

So give it all you have to give,  
Don't just survive, but strive, thrive, live.  
Keep moving forward when you fall,  
Even when you can barely crawl.

-Louise Daniels, 29 APR 2017