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(Poem)
Words Uncaged

THERE ARE TWO THINGS...

THERE ARE TWO THINGS OVER WHICH YOU HAVE COMPLETE
DOMINION, AUTHORITY AND CONTROL-YOUR MIND AND YOUR MOUTH.

YOUR MIND IS AN INSTRUMENT, A PRECIOUS GIFT TO BE
VALUED AND CARED FOR.

YOU ARE NOT ALWAYS IN CONTROL OF WHAT GOES
INTO YOUR MIND, BUT ONLY YOU CAN DETERMINE WHAT STAYS THERE.

IF YOU ALLOW NEGATIVITY TO PERVADE IN YOUR MIND
, YOU WILL PRODUCE THAT NEGATIVITY WITH YOUR MOUTH.
YOUR MOUTH IS THE MECHANISM THAT REVEALS JUST HOW
WELL YOU CARE FOR YOUR MIND.

THE CONDITIONS IN YOUR LIFE STEM FROM THE MOST DOMINANT
THOUGHTS OF WHICH YOU SPEAK.
NOTHING HAS A HOLD ON YOUR MIND
THAT YOU CANNOT BREAK FREE OF.

SINCE YOUR MIND WILL RESPOND TO WHAT IS SAID TO YOU
, SPEAK TO THE CONDITIONS IN YOUR LIFE.
WHEN THEY ARE WANTED, GIVE THANKS.
WHEN THEY ARE UNWANTED, DEMAND THEY CHANGE.

I AM IN CONTROL OF MY MIND AND MY MOUTH...!!!

IT TAKES A DEEP COMMITMENT TO CHANGE AND AN EVEN
DEEPER COMMITMENT TO GROW.

WHEN YOU KNOW YOU ARE THINKING, SAYING OR DOING
THINGS THAT ARE UNHEALTHY OR UNPRODUCTIVE, YOU MUST
DO MORE THAN KNOW.

THERE MUST BE A GENUINE, LOVING
SUPPORT FOR THE "SELF" TO MAKE A CHANGE.
CHANGE DOES NOT MEAN REPLACING ONE BAD HABIT FOR ANOTHER.
IT DOES NOT MEAN BEATING UP ON YOURSELF OR FEELONG GUILTY OR ASHAMED.

CHANGE MEANS VOLUNTARILY REMOVING YOURSELF
FROM THE PEOPLE AND ENVIRONMENT THAT SUPPORT
YOU IN REMAINING UNHEALTHY.

CHANGE MEANS IDENTIFYING WHAT YOU ARE DOING,
RECOGNIZING WHEN YOU ARE DOING IT AND
GENTLY GUIDING YOURSELF TO DO SOMETHING ELSE.

CHANGE MEANS NOT MAKING EXCUSES FOR YOURSELF
, BUT DOING EXACTLY WHAT YOU SAY YOU WILL DO.
WHEN YOU SUPPORT YOURSELF IN MAKING NEEDED CHANGES,
YOU ARE SUPPORTING YOUR OWN GROWTH, AND

GROWTH IS THE COMMITMENT TO BEING, DOING AND HAVING THE BEST.

I AM GROWING BY THOUGHTS, WORDS AND DEEDS.