

## **Stephanie J. Block**

### **"Gotta Start Small"**

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I ran a mile today  
And for a while today  
I forced a smile today and sailed on with ease.

I used to think, 'Not me - I can't'.  
The track was smooth,  
Hardly a slant  
And though I panted for air,  
I swear I clipped like a breeze.

Using my breath and raising the bar  
Four simple laps felt strangely far.  
I hope tomorrow my legs are stiff.  
I didn't scale a cliff.  
It's just a mile.  
But I didn't fall.  
Gotta start small.

I wrote a song today  
And I feel strong today  
'cuz I belong today to those who create.  
An empty page was all I had.  
I thought it out, put pen to pad,  
And as I added each line of mine  
I felt something great.

Using my hands and feeling fulfilled  
As for the song I'm not that skilled.  
Still every builder who learns a craft  
Keeps growing by the draft.  
It's just a draft, and after all,  
Gotta start small.

Facing a bigger, a moral biggerish challenge,  
That's quite a climb.  
I'd rather cling to each thing I can conquer one at a  
time.

Taking a risk is most of the battle.  
A victory to claim.  
Taking a risk - no matter how little - small, but  
committal -- is risking all the same.

The sky is clear today.  
I'm fighting fear today.  
So while I'm here today  
I pick up the phone.

I call my mom; expect the worst.  
But I stay calm and I speak first.  
Yes, we conversed without fronts  
For once.

Then as we burst into tears,  
My fears have suddenly flown.  
Using my head and using my heart,  
Making a call, making a start  
A single part of a larger plan.  
I'm doing what I can.

I ran a mile.  
I wrote a song.  
A mile's too short; the song's too long.  
I made a call.  
Before we fought we learned to talk.  
Before I ran, I learned to walk.  
Before I walked I learned to crawl.  
Gotta start somewhere.  
Gotta start small.

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