

**I PROMISE IN  
IN THIS FINAL YEAR  
OF THE TWEENS  
TO PAUSE MORE OFTEN,**

**2012**

**TO STOP MYSELF IN MY TRACKS AND TAKE TIME TO  
LISTEN TO THE BIRDS SING IN THE EARLY MORNING,  
AND DRINK IN THE COLORS OF A SUNRISE.  
I WILL TAKE TIME TO TALK TO CHILDREN  
ABOUT IMPORTANT THINGS LIKE DINOSAURS  
AND FAIRIES AND WHY THE SKY IS BLUE.  
I WILL DO WHATEVER I CAN TO**

**SPREAD  
JOY**

**SO IF THIS IS MY LAST YEAR  
ON THIS PLANET I WILL  
KNOW I LEFT A LITTLE PIECE  
OF LIGHT FOR THOSE I LOVE,  
AND MAYBE A STRANGER OR TWO.**

**I WILL SIT AND WATCH MORE SUNSETS,  
AND SEND HANDWRITTEN NOTES JUST TO LET  
SOMEONE KNOW I'M THINKING ABOUT THEM.  
I WILL DANCE AND WALK AND DAYDREAM,**

**GIVE THANKS  
AND BE GRATEFUL  
FOR THIS GIFT OF**

**LIFE**