



aim your brain

By Stacey Haslam

*When you want to do something hard,
The way to do it may catch you off guard...
Although the answer may seem insane,
It's really quite simple: Just aim your brain!*

*Aim your brain! It's the best tool you own!
This idea will help you to get in the zone.
The brain is way smarter than we tend to admit-
And learning to aim is quite good for it!*

*Your brain likes to help you!
Your brain is your friend!
Your brain doesn't like it when good things end.*

*So train it to aim
For the good things in life.
And you'll help it help you to avoid lots of strife.*

*Now, imagine you're at a party one day,
And lo, and behold there's a new game to play!
It's called "cornhole" and there's a bean-*

*bag you toss
Into a far hole; And you want to toss like a boss!*

*Soon you'll be a bag-tossing pro!
And on to other things you'll go.
Success will come as long as you aim
Your marvelous, amazing, walnut-like brain.*

*But what if your goal isn't something you play-
But a dream in your head that you wish for someday?
For this, you must use the sight of your mind.
Paint a picture with details: the imagination kind!*

*Then focus that brain! You know how to aim!
Talk to it simply and focus again.*

*Trust it to tell you the things you should do
To make dreams come to life and bring good things to you.*

*A thing that will help is step out of the way-
And be patient because it could take many days.*

*Again, I say focus! Remember to use
Happiness, kindness, positivity too.*

*These are the tricks you can have up your sleeve
To force obstacles, problems and distractions to leave.*

*There is power in having this heart/brain connection;
Power to move mountains and give your dreams protection.*

*So set that brain free! By learning to aim.
Soon it will feel like the funnest of games.
It's awesome to see what your brain can do
From playing cornhole to making dreams come true.*

*Your brain likes to help you!
Your brain is your friend!
Your brain doesn't like it when good things end.*