

Ups and Downs

If I am not for me
Then who will be?
My friends, most likely
But I'd have to see.
Because if I took a fall
And could not stand
My friends would call
To lend their hand

If I am for myself alone
Then what am I?
I'm an emotional cyclone
Who's lonely in the sky.
By staying on the trail
That my values have lain
G-d will help me prevail
Through the toughest terrain

If not now, when?
It will probably be later
But it shouldn't wait for 'then'
Don't be a procrastinator
Focus on the present
Don't dwell in the past
Love every moment
As if it's the last.