

You are the only one standing in your way.

Just you.

Not me, not your family, not time.

We may take your attention away  
from the problem, but you're the one  
with the solution.

Stop telling me about your busy stressful life.  
You elaborate on it, I'll commiserate with you,  
And soon both of us will have forgotten  
The big question, which is:

### **Why aren't you doing something now?**

Life will only be long enough when you and I have  
whittled down our lists,  
made our connections,  
earned our peace,  
delivered on our promises.

Life is too short,  
But that doesn't mean I have to do everything.

It's not my life's work to reform people  
Who are suffering from terminal grumpiness.

I don't have to buy in to gloom and doom.

I don't have to feel guilty.

Life is too short to work at work.  
Breathe.  
Take time off.  
Smile.  
Keep your perspective.

Tell you boss you're following the advice of C.W. Metcalf-

**Lighten Up and Live  
Or Tighten Up and Leave.**