

Ten minutes

By Swati Ambole

I break the time in pieces
and assign each piece a chore
plan only next ten minutes at a time
not a second less or more

for next ten minutes I won't think of the past
nor worry for the future events
my mind is frail, it needs gentle care
so that it can heal and mend

as the list of chores gets checked off
I start feeling better and better
if I could do this right now
I can take on bigger challenges later

it helps sometimes to slow down
step down the frantic pace
and start over in baby steps
coz life is not a race!