



Take Time

Take time for now.

This is the only moment you are sure of. Take time for family.

You will miss them immeasurably, when they are gone.

Take time for work. But don't let work, take all of your time.

Take time to laugh.

Laughter raises spirits and lifts the gloom.

Take time for music. It will feed your soul and bring you joy.

Take time to exercise.

You have one body, you should look after it well.

Take time for you. For if you keep dividing yourself, what will be left?

Take time to understand. That we cannot save time.

We can just try to use it wisely.

Take time to live.

Liam Porter