

# Motivation Formula: The River

Sometimes when I'm angry I'm a river raging  
Can't control where I'm going I flood over and break things  
Turn flat fields into puddle-like lake things  
What do I say to myself when I think I can't take things

(CHORUS) (repeat)

Stay focused things are not hopeless  
I notice what they don't notice  
I know this my actions show this  
Go slowest smell all the roses

It's like the tortoise and the hare I'm behind but don't care  
I go slow I'll get there when I get there  
I reduce my rapids to a ripple and drift  
Because the race is not given to the swift (repeat)

I've been given the gift of patience  
I've been driven to drift complacent  
Because I know in my heart that I'll reach the ocean  
When you have faith there's no need for hoping

(CHORUS) (repeat)

Rivers move more ground when they slow down  
They pick up sediment and move thousands (millions) of pounds  
Of sand and debris down the Mississippi  
From the freshwater lakes to the saltwater seas (repeat)

(CHORUS) (repeat)

