

You woke up today - hurray!
You stretched and squeezed the sleep
out of your sweet body - you got up - hurray.

You finally called your friend back today
who you meant to call for so long, responded
to those messages hurray that have been
waiting for you in your inbox unanswered.

You somehow found the time to play
your guitar today - hurray! - you're almost
through that one hard part. Soon enough, though,
soon enough.

You got dressed today - hurray - dressed your dad
as well. Prepped breakfast, for you dad as well
who can't do it himself.
Constantly caught between characters
that require different costumes.

And you only get nines for assignments, you're in five
different boards, you've applied for three grants,
done groundbreaking research -

Excellence is also going to the market
instead of the grocery store despite the anxiety
and the fear, where you cannot flee into the
familiar faces of the self check out scan's silence
but instead have to listen to a hundred different voices
of which none your own, brushing your ears with rough bristles.

It's looking in the mirror and facing yourself and winking.
"Hey there."

It's looking at the sun and thinking: no matter
how small I, no matter how big she,
today she burns just for me
so I can learn from her.

It's driving your kids around to soccer practice.
It's doing their laundry, you made them dinner and made their beds
and cleaned the house and prepared their lunchboxes
and helped them with their homework and you love them
and you told them so, told your partner too, you put
your kids to bed in time for the fourth night in a row now - hurray!

You keep fixing the printer every time it breaks - hurray!
You know every tile personally and intimately
from all the times you mopped the floors here - hurray!
You had three meals today - hurray!
or, well, at least two and a bit but in any case you wanted to.

You deleted instagram again
permanently closed the house of your belief
in summer bodies and toothpick thighs - hurray!

You made it through another week and started another one

and that must have been a choice.

Even if these tracks are carved out deep, if the ride
has more control over you than you do over it, and the rut
is slowly eating away at your eyebrows and your cheekbones -
you are here, not just because you have to be.

Again, you managed another day, in spite of everything
and because of all the rest.

So you gently hold your sweet body
as you let her do some stretches
before you go back to sleep
and that deserves a hurray
and then some.