

# Untitled

By Morgan Harper Nichols

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when you are weary  
waiting for change,  
and burnt out  
5 saying the same things  
day after day,  
decade after decade,  
tired of “agreeing to disagree,”  
tired of feeling like you have  
10 to beg for peace,  
remember  
the ground  
beneath your feet.  
and the way it holds up,  
15 through everything.

whether you cry  
or whether you sing,  
whether you fall down,  
20 or whether you run free,  
do not let them make you small.

for there is room right here, to feel it all.  
they will say what they want to say,  
25 but you know  
the ground beneath your feet  
is steady.

30 rest when you need to  
and go lightning when you’re ready.

remember everything you have already traveled through  
remember there is more ahead of you.

35 you are allowed to be tired.  
you are allowed to rest.  
you are allowed to declare with bold audacity:  
this story is not over yet.