

“Everyone wants to live on top of the mountain,
but the happiness occurs while you’re climbing it”

- Andy Rooney

What does Rooney mean by this? What message is he trying to convey to the listener here?

Think about this quote in whatever way you wish. Is there a specific metaphorically mountain Rooney is referring to, or is this more abstract?

What does this quote mean to *you*?

Think about this quote and put your pen to paper – don’t overthink! Don’t even worry about making poetry, just write what comes to mind when you read this quote.

You have **5 minutes**.

I'm going to give you a series of words as inspiration, as I give them to you, write whatever you associate with that word – or write a line of a poem associated with each word. This can be a consistent, full poem, or several smaller poems using each word as a stimulus. You do not need to remain in the typical understanding of each word. Don't be afraid to think more broadly.

Birth (or Rebirth)

Life

Nurture

Change

Completion (or Finality)

In many cultures, the May season is a time of rebirth.

The word May is derived from the Greek Goddess Maia, a lesser member of the pantheon. In Roman times, this figure came to be associated as a goddess of growth, closely linked with the likes of Venus.

This goddess was also identified as a nurturer.

As the month of May brings an end to spring and a start to summer, this time is associated as a good time for the growth of crops and livestock.

But personal growth is also an attribute of Maia. The month of May is a time for self reflection- for turning a new leaf, becoming something greater than what you once were.

We often see these ideas reflected in traditions such as the May Day, and also in works of fiction.

The film “Midsommar”, while a horror, explored these ideas of becoming something new in a way that’s seemingly not understandable from the outside, but personally rewarding and gratifying to the individual.



Think about these themes. About your own personal growth – both that's already been completed and had yet to come.

Growth means changing in a positive way, becoming a better person than you were before. Have you experienced this in your own life? When have you nurtured yourself or the people around you? Has there been a time where you shed your caterpillar skin and became a butterfly? (Please excuse the cheesy metaphor)

How did your own growth affect the people around you? What positive influences has your growth had on your own life?

Our journeys are never over, and we as people never stop growing, even day to day. What would you like to grow into? Where is your journey taking you?

Think about these ideas as liberally as you wish. I ask you to create a short piece inspired by the idea of growth. It can be as personal as you want it to be, but remember growth is about positive change within a person.

You have **7 minutes**.