

## FEBRUARY

# Poise

A way of acting or being with ease, dignity and self-assurance.

The state of being calm and having composure, especially in conflict.

### Poems from Inch and Miles

#### Poise

I'm Everett the Eagle flying free.  
There's no one else who's quite like me.  
And there's no one who's quite like you.  
So be yourself 'cuz you are cool.  
With **Poise** you like the one you are.  
It gives you pride and takes you far.  
**Poise** is needed for **Success**.  
Just be yourself; "yourself" is best!

## FEBRUARY

# Confidence

Act as though it were impossible to fail.

Believe in yourself!

If you think positive thoughts and say positive things,  
then you will have positive actions and act with a firm belief in the right direction.

### Poems from Inch and Miles

#### Confidence

Many are taller. Others run faster.  
To race with most would be a disaster.  
But I don't care if they seem greater.  
I trust in me, the alligator.

My **C**onfidence is plain to see.  
I have learned to trust in me.  
The Pyramid will teach you too.  
Be **C**onfident; believe in you!