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Participation Award

Elizabeth Treadway

Olivet Nazarene University, ejtreadway@olivet.edu

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Participation Award

All I want
Is a pat on the back
A gold star,
A ribbon,
For getting up in the morning and choosing to breath.
All I want
Is for someone to tell me
Good job
For digging myself out of this rut.
Why does living come so easy for everyone else?
I'm not asking for a trophy or a certificate
I just want a participation award
For this game called life
That feels so hard to compete in.
I wish someone would wake up in the morning
and think to ask me
How are you?
And really mean it.
Because they know the demons taunt me the worst at night
When everyone sees me holding my participation award and beaming,
They don't understand that for me it feels like I've won 1st place at a marathon.
The fact that I am able to get up every day and
Function
Breath
Persist
Is worth more than bronze in my book.