

## Because I'm Not Giving Up by Diana Raab

I will wake up tomorrow morning and allow the sun to slip  
through my bedroom window  
as I slowly swivel my legs

to the floor to meet my slippers.

I shall stretch my arms wide, take a hearty breath,  
shake my hair loose  
and thank the day.

Nights have been tough.  
Darkness slides demons through open windows, and owls on my roof offer wisdom  
through the chimney.

Tossing and turning all night,  
I think about the future.  
Live in hope they say.  
Even when the shooting star  
does not allow me to make a wish, angels arrive with the sunrise.

*Her 14th and newest book is Hummingbird: Messages from My Ancestors, A memoir with reflection and writing prompts*

*(2024). Raab writes for Psychology Today, The Good Men Project, Sixty and Me, Thrive Global, and is a guest writer for many others. Visit: <https://www.dianaraab.com>. Raab lives in Southern California.*

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