

# **TIME TO RISE**

*Mark Horbinski*

Sometimes you win and sometimes you lose,  
but the way you respond is for you to choose

Winning a game makes us feel fulfilled  
It's a goal we achieve that leaves everyone thrilled

But losing a game is quite a different ride,  
often leaving us to feel all empty inside

It's normal to feel disappointment and sorrow,  
but you have to wake up and face your tomorrow

Ignore all the critics and their negative chatter  
Your heart and your head are truly what matter

Believe in yourself and hold your head up high  
Spread your wings wide and continue to fly

Get back to work on all the skills you lack  
Dust yourself off and get back on track

Be humble in victory, gracious in defeat  
Feel blessed from above for the chance to compete

Keep it all in perspective while chasing your prize  
A loss is just a setback; you still have time to rise!