Can someone truly change,
And move oneself from then to now,
And break a mold so surely set?

Can someone truly change,
And rise above a useless thought,
And forge a new belief?

Can someone truly change,
And reconstruct an angry list,
And make it more productive stress?

I say Yes!
When the need is great,
Purpose is solid in the heart.

I say Yes!
When sights are raised,
The soul is moved to start.

I say Yes!
When resolve is sure,
Intention is pure.

For wisdom grows when it is nurtured,
And fruits of patience seen.
Then virtue plows a road less taken,
Which leads to Inner Peace.

Follow then your path to change,
And do not fear the shift,
Nor miss the old unseemly ways,
Which leave you flat and weak.

The butterfly does not lament
The loss of its cocoon.
But it rejoices when Time calls
To shed its onetime haven.

Then love what you have lived to learn,
And strive to live that Truth.
So conscience can be ever free,
And health forever thine.

STRUCTURE

The poem is really two poems in one: A reader could perceive a complete message from just the first six verses (of three lines each) and end with that, or read only the last four verses (of four lines each) as a complete thought. Verses 1–3 each set up a one-sentence question of Change, beginning with "Can someone…" followed repeatedly by "And…." Lines 1 and 2 of Verses 1–3 are all iambic trimeter, with each verse's Line 3 wrapping it up with iambic tetrameter. Verses 4–6 proclaim a resounding "Yes!" to the questions posed by each earlier verse. The iambic meter varies with the need of each line, with the last word in Verses 4 and 5 rhyming, followed by a rhyming couplet in Verse 6. Verses 4–6 support the "Yes!" and offer specific direction to the reader on what to change, and why. These last four verses are quatrains with no rhyme scheme. Lines 1, 2, and 4 are in iambic trimeter, and each verse's Line 3 is in iambic tetrameter.

IMAGERY

Verse 1 begins with a sense of movement ("from then to now") underscored by the need to "break a mold." **Verse 2** contains the action verbs "lift" and "forge," and **Verse 3** uses "reconstruct" an "angry" (list) followed by (a paradox) "productive stress." **Verses 4–6** set forth that one's purpose needs to be "solid in the heart," followed by the proverbial "sights…raised" and "soul" being "moved" (to start.) The brevity of the rhyming couplet strengthens both the "sure" resolve and "pure" intention. The "second half" of the poem includes action images such as "wisdom grows," "fruits of patience seen," virtue plowed," and "flat and weak." **Verse 9**, which uses the colorful image and metaphor of the butterfly, is a marvelous standalone verse.

THEMES

It's all about "Change," beginning with the questions posed in Verses 1–3, which remind the reader of the need to change "beliefs," break the old "mold," and let go of "anger." The strong affirmation of Verses 4–6 is conditional to the "solid…heart," raised "sights," leading to inner motivation ("soul…moved to start"), and then, again the rhyming couplet at the end. The resolution and command in Verses 7–10 emphasize both the justification to change as well as the direction to take so one can feel the freedom of accepting the challenge of change.

PERSONAL COMMENT

I wrote this very personal poem while I was a Seminar Leader with FranklinCovey Co. I was working with their "Reality Model," which suggests that our basic Human Needs (To Live, To Love and be Loved, Variety, and To Feel Important) drive beliefs on our "Belief Window" that lead us to follow "Rules" of "Behavior" that impact "Results." The existential question posed is then "Will the result of my (your) behavior meet my (your) needs over time?" (See the "Reality: Check It Out" poem.) Serving on a team that was creating a new "Personal Change" workshop gave me the impetus to write this poem.