

A TOKEN IN MY POCKET

This is poem I am printing on card; in a very small plastic bag I have put a cardboard bathroom scale and a little bell on a ribbon. I then stapled to the card. In our chapter when a member has a loss or turtles they can ring the bell for everyone to hear as they come out of weight room. I will give each member a copy at the next meeting.

**I carry a token in my pocket
A little reminder to me
That I should follow the Choice is Mine
No matter where I may be
This little token is not magic,
Nor is it a good luck charm.
It's just to remind me that
Some things I eat
Are sure to cause me harm
It's not for identification -
For all the world to see.
It's simply an understanding:
There's a special me I want to be.
When I put my hand in my pocket
To bring out a coin or a key,
The Token is there to remind me
That the scale will soon judge me.
So, I carry the token in my pocket,
Reminding no one but me
That I am a striving TOPS member
With a goal of a thinner me.**

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