

## Practice

Life really is hard enough – don't make it harder for yourself.

Set up scaffolding: a list of really solid ideas to turn to, in bed

with your laptop, last thing at night or bleary-eyed before work,  
if you know you will be late home from football. Your Internet

will be closed at this hour, no feeds or noise, just your document  
full of poems – you are amazed at how it has grown, steadily,

how in your practice, there is safety, an identity besides success  
or whether you have friends. You have found a secret: a portal

to bring you back to Denmark, with your team and the jellyfish,  
to that day baking with your Mam and surprising her with tulips.

You never knew it could be this potent. Here is a part of you  
no-one can touch, or rather, pages and pages of past and future you

trying to articulate their love for nature and people and the city  
until tears fall onto your sheets and you think: *I really love my life.*