confidence

As Lake Michigan's expansiveness occupies my vision
a runner's high surges up between my ears

Each shallow breath in and quickening exhale out
rhythmically carves out space

ushering away crowding in my mind
welcoming in clarity, peace, pride

Forehead sweating, lungs tiring, legs throbbing
self-assuredness inflates with each bounding footstep

confidence

greets me with conviction
I open myself to let it in

instructing it to radiate through to my every cell
attempting to revel in its transformative power

Beads of salty sweat trickle down my forehead
and interrupt

confidence

rarely fails to evaporate with the lake's horizon
the choking fog of frustration, doubt, fear rolls in

Why do I let it's fleeting elusiveness win?

my confidence is temporary
But I'm working it out.