

# CONTAGIOUS ODES.

By Anese Cavanaugh

Hello, dear reader!

I wrote these while writing *Contagious You: Unlock Your Power to Influence, Lead, and Create the Impact You Want* (McGraw-Hill, 2019). Each poem aligns with the designated part of the book (as indicated), it was in my heart as I wrote each part. While we did not put these into the book, I'd love for you to have them as a bonus in case they create any extra spark, connection, or value for the power of being your most positively, usefully, and wonderfully contagious you.

My poems are always in motion, these are likely to be refined, revised, and repurposed in the world, and for now, please enjoy them as they serve...

With love,

Anese



## **On Being Contagious.**

We all have the power, it's a quiet one for sure,  
And the way that we use it, will create less or more.  
It's a being, a presence, a decision that we make,  
For our leadership, our love, and our joy is at stake.  
It doesn't cost money, or anything of the same,  
It does mean a lot and asks for our integrity in the game.  
It requires our presence, our breath, and our choice,  
It requires we choose how we use our powerful voice.  
It is a gift that keeps on giving—more, more, and more,  
And it impacts everyone around us—those we may resist or adore.  
It asks of us to reflect, to consider, and to choose,  
It invites us to lean in, to love up, and drop the ruse.  
It compels us to be human, to work together, and to love,  
And when it's authentic, we'll find we fit ourselves like a glove.  
For being contagious is a superpower, we must use it quite well,  
Intentionality, care, and respect, this will be our story to tell.  
For the time to lead is now, no matter who we think we are,  
Be it a leader, parent, artist, teacher, or fabulous super star.  
Our culture, it is up-leveling and down-leveling, with much to gain,  
But it won't happen for us, or you, unless we get into the game.  
So get in here and be with me, and let's have this be advantageous,  
Because, you my dear, are powerful and good—and you are magically contagious.

## Part 1: Contagious You Ode.

What you put out there, it comes back for sure,  
Good stuff, bad stuff, dark, and the pure.  
A bad day goes long, as your energy contracts,  
As the world gets darker, and you notice darker acts.  
But a good day expands, as a matter of fact,  
As you bring in more light, magic, and tact.  
It's a choice at all points,  
Choice points are grand,  
But they start with awareness,  
And you must take a stand.  
For being contagious in ways that serve and support,  
For developing resiliency, love, and collaborative cohorts.  
What you put out there, you'll get it right back,  
Even more positively if you can respond, not react.  
And when life falls apart, and doesn't go as you please,  
When it hurts to fall down and leadership brings you to your knees.  
When love gets you and tricks you and feels to be untethered,  
Life will go on as you become more savvy and weathered.  
But it all starts with you, you're the best shot that you've got,  
Take care of yourself, it will sure mean a lot.  
Love people around, love yourself even bigger too,  
Because impact starts with me, and the very contagious YOU.

## Part 2: Contagious Presence Ode.

You know you're contagious, but now what will you do?  
The name of the game is being positively contagious,  
But that can feel like a trick too.  
For you're the best shot that you've got for creating impact,  
And your breath in presence is the place to start,  
That is just a fact.  
Your presence is your impact,  
Your presence is your stance,  
How you Show Up says a million words,  
Whether in business, leadership, parenting, or romance.  
So it makes sense then, doesn't it,  
Do give it all that you've got,  
To Show Up, live up, and bring your self to a lot.  
Your intentions, energy, and presence, they do and say more than you know,  
For lives, love, and leadership your IEP will grow.  
But there are somethings that will be asked of you,  
Some essential things to support you in your charter,  
Self-care, self-love, self-kind, and breath,  
On these things there will be zero barter.  
Because your presence is your impact,  
And your impact needs you now.  
Your care and love and kindness and breath are the simplest pathways to how.  
So get in here and go with me,  
We're going to work presence up,  
And the way we'll do so maybe different,

But it will be plenty lovely enough.  
Your people, they will be watching;  
Your kids, and dogs, and cats too.  
Because at the end of the day, and at the height of the moment,  
Who you Be will be even more important than what you do.  
So onto the next part of leading your impact,  
Yes, we are making a magical stew,  
Because here we go into up-leveling your gorgeous presence,  
So you can be an even more powerful Contagious You.

### Part 3: Contagious Relating Ode.

Your present, your contagious, it's working out well,  
The people who love you and follow you, they think you're kind of swell.  
And now we go to a whole new level, one that requires more than you,  
Because life is in relationship, in everything we do.  
Whether conflict or bliss, agitation or charm,  
The assumptions we make often do less good than harm.  
But this is fix-able, and it's tweakable too,  
Because with a pinch of awareness, a mindset shift, and a choice,  
We're making that tasty stew.  
Conflict is different than confrontation,  
Design is different than default,  
Relationships are better when we hold these as clean,  
And honor the golden relationship vault.  
Courage is contagious, fear and blame is too,  
Love is contagious as well — good God there is so much good to do!  
Generosity, gratitude too,  
There's more good than bad to spread,  
And with conscious and intentional relationship,  
We elevate our collaborative cred,  
So with contagious awareness,  
And presence at our command,  
Let's head into relationships,  
So together, beautifully, we can stand.  
This section could be called Contagious We,  
Because our we is true,  
But we have to start with presence and lead with our very Contagious YOU.

#### **Part 4: Contagious Leadership Ode.**

Being, relating, spreading good, and more,  
Now we head right into our new part four.  
Because now that you have it;  
You're contagious,  
Your presence is your impact,  
Your relationships are king (or queen),  
It's time to bring in leadership and go for the platinum ring.  
You could have started here, but it would be futile,  
Because leadership without presence or relating,  
If simply brutal.  
Besides now it gets easier, it's time to relax,  
Because with the "soft stuff" handled,  
We can jump right into the brass tacks.  
We'll talk about bringing people with us,  
Serving them with all our might,  
Holding containers they can aspire to,  
And making them feel inspired just right.  
But don't do this alone folks,  
Grab a colleague, a lover, or a friend,  
Because while leadership starts with YOU and can be a solo act,  
Having your posse with you will take you further beyond and around the bend.  
So let's get rolling, we have much to be and do,  
Because you're contagious, I'm contagious, and our leadership will be too.

## Part 5: Contagious Impact Ode.

That's it, you've done it,  
You've lined up so much reading with me.  
Have you been being, practicing, and serving,  
Do you get the power of who you be?  
Your presence is your impact,  
Who you are is big,  
This isn't opinion, these are facts,  
This is where you live.  
But you must own it, claim it, lead it,  
For the future waits for you,  
It's time to claim your impact, in everything that you do.  
Regardless you position, your industry, your sex, status, preference, or your age,  
Your impact is a gift to all on any kind of stage.  
So get in here and lead with me, choose the impact of your dreams,  
As you've read this fall, you know it now, it might be easier than it seems.  
Be culture, don't do it.  
Choose your cause and play.  
Get out of your head and into your heart.  
In every single way.  
I love you and I'm grateful.  
We have so much work to do.  
So get out there and be the incredibly beautiful powerful and very gratefully  
contagious you.