



Happy

Theme: You & I conversation, happiness, achieving goals, responsibility, being yourself

We used to be

Kids and free

Simple

Made us happy

Then we began

Living, giving

Parts of us

To family

It's hard to find balance

In being you

And responsibility

But there's a way

If you can use

Your neuroplasticity

I used to think

I used to talk

I used to sing

I used to walk

Now I listen to my heart

You can be

Whatever you want to be

What makes you happy?

To make your dreams a reality

You must be able

To see

Beyond the layers

All of the barriers

That keep you

Unhappy

Write your thoughts

Not things you bought

Things are just

Money

The key you see

Is understanding

What you think

You will be

It's really hard

To take charge

When you're stuck

Mentally

I used to think

I used to talk

I used to sing

I used to walk

Now I listen to my heart

You can be

Whatever you want to be

What makes you happy?

Dreams do come true...

Think, dream, and do...

Just be you...

And happiness will come through

I used to think

I used to talk

I used to sing

I used to walk

Now I listen to my heart

You can be

Whatever you want to be

What makes you happy?

There are no rules

No guarantees

So take your time

To be kind

Find yourself

Be happy