

Do Not Give up  
When the world says you can't  
And the harsh voice of "reality" taunts you  
Do Not give up

When the odds seem unbeatable  
And the road long and broken  
When the mountain – so full of danger and dread –  
Stands before you - impassable  
Do Not Give up

When fear grips your heart  
Assuring you that resistance is futile  
Do Not give up

Dare to have faith  
Find that deepest whisper of hope  
And find strength in believing  
That all of your dreams  
And all of your hopes  
Are attainable

You can be or do  
Anything you decide to be or do

Close your eyes for a moment  
And look into the deepest recesses of your heart

Gaze upon the beauty and wonder  
That is you

Realize that you are unique  
And take heart in knowing  
That your life is a song  
Played but once in all eternity

Sing it loudly  
So it echoes forth for all to hear

For once your song ends  
It will never play again

So if you allow it to be silenced  
Then all of creation is deprived

Of the sweet music that is you  
As there is only one you – in all of eternity

No One  
No Thing  
Has before or will ever have again  
Your mind  
Your will  
Your heart and your soul  
Your experiences – each and every one  
Have shaped you into who you are – unique in all of history

There is no one  
Who can affect others quite like you  
There is no one  
Who can affect the world quite like you

Never before and never again  
Will there be one with your perspective  
Your ideas  
Your thoughts  
Your feelings  
Your mind  
Your heart  
Your soul  
Or your circle  
Of friends and loved ones

You are valuable beyond measure!  
Those who know you blessed!

So sing your song loudly  
Though fear and doubt may tell you otherwise

Sing your song loudly  
Whether laughing or crying

Do Not give up  
your dreams  
your hopes  
or the calling of your heart

Remember you are who and what you choose to be  
You can do anything!

You are special and rare  
Unique and precious

Wonderfully and awesomely made

A symphony composed by the master Composer  
Melodious, harmonious, rhythmic and beautiful

Now go...make your song heard  
And know that it is wonderful