

## TOUGH STUFF LYRICS

### 1)Tough Stuff

You want easy or hard? Hey, you know me!  
You want easy or hard? Hey, you know me!  
You want easy or hard? Hey, you know me!  
You want easy or hard? Huh, I want the

Chorus:

Tough Stuff-Deep inside  
I've got enough for the  
Tough Stuff-Challenges are what I love,  
so bring on the  
Tough Stuff-Give me something to rise above  
Give me, give me, give me  
Give me the Tough Stuff

Some people choose the easy way  
That's their choice, that's O.K.  
But I choose the Tough Stuff when I can  
It makes me work, it makes me plan

It takes me to a higher height  
Helps me turn the wrong to right  
Lifts me to a better place  
Check out the smile while I tackle the

Chorus: repeat chorus

Even tough sometimes I lose  
The Tough Stuff is what I choose  
No matter what, I know that I'm  
Getting better every time

I could do just enough to just get by  
But someday I'm really gonna have to try  
So why not try right now, today  
That's why I always say, "Hey, give me the

Chorus: repeat chorus

Bridge:

Reach a little farther

Try a little harder

Work a little longer

Get a lot smarter

Reach, try, work, get

Farther, harder, longer, smarter

You know what I'm thinking of, I said

You know what I'm thinking of, it's the

Chorus: repeat chorus

You want easy or hard? Hey, you know me!

You want easy or hard? Hey, you know me!

You want easy or hard? Hey, you know me!

You want easy or hard? Huh, I want the

Tough Stuff

## **2) I Keep on Going**

Sometimes I get the feeling like  
I wanna quit, I wanna quit, I'm tired of it  
Sometimes I get the feeling like  
I wanna quit  
But I keep on going, keep on going

'Cause there's another feeling that  
I'm gonna get, I'm gonna get  
Yes, I'm sure of it

'Cause there's another feeling  
That I'm gonna get  
When I keep on going,  
Keep on going

I keep on going  
I keep on going  
I keep on going  
I keep on going

**3) There's Another Way to Do It-Intro**

**4) There's Another Way to Do It**

There's another way to do it

There's another way to work it out

There's another rhythm to it

There's another way to work it out

## **5) Celebrate**

When I do something great  
I like to celebrate  
I say, "Yes!" I say, "Woo!"  
I say, "See what I can do!"

Celebrate! Celebrate!  
I like to celebrate  
I'll celebrate with you  
I'll celebrate with you

When \_\_\_\_\_ does something great  
\_\_\_\_\_ likes to celebrate  
She/he says, "Yes!" She/he says, "Woo!"  
She/he says, "See what I can do!"

Celebrate! Celebrate!  
I like to celebrate  
I'll celebrate with you  
I'll celebrate with you

When we do something great  
We like to celebrate  
We say, "Yes!" We say, "Woo!"  
We say, "See what I can do!"

Celebrate! Celebrate!  
We like to celebrate  
I'll celebrate with you  
I'll celebrate with you

## 6) Sometimes It Takes a Few Mistakes

Left, left, left, wrong, left

Left, left, left, wrong, left

Sometimes it takes

A few mistakes

To do the things I do

To make my dreams come true

Sometimes it takes

A few mistakes

I try and try and try again

To finally reach the end

I make mistakes

I make mistakes

Sometimes it takes

A few mistakes

Sometimes I really make a mess

To finally do my best

Sometimes it takes

A few mistakes

To do the things I really love

To finally finish up

I make mistakes

I make mistakes

Sometimes it takes

A few mistakes

To do the things I really love

To finally finish up

I make mistakes

I make mistakes

Sometimes it takes  
A few mistakes  
Look, I made another one  
That's the way I get things done

Sometimes it takes  
A few mistakes  
To do the things I do  
To make my dreams come true

I make mistakes  
I make mistakes

Left, left, left, wrong, left  
Left, left, left, wrong, left

## **7) I'm Gonna Be Me**

A dog doesn't try to be a turtle  
A cow doesn't want to be a cat  
A fish likes to swim in the water  
But a butterfly would never want to do that

Let everybody be who they want to be  
I'm gonna be me

A horse doesn't try to quack like a duck  
A snake isn't a kangaroo  
A worm seems happy being a worm  
And digging in the dirt like it loves to do

Let everybody be who they want to be  
I'm gonna be me

I like your style, it makes me smile  
The way you do what you do  
But I'm pursuing a different way of doing  
What makes me me, through and through

A mouse doesn't try to be a giraffe  
An owl doesn't buzz like a bee  
There's beauty in everything we see  
Enjoy the difference and set it free

Let everybody be who they want to be  
I'm gonna be me  
I'm gonna be me  
I'm gonna (woof, moo, meow, neigh,  
quack, who, buzz) be me.

## **8) My Mind is Like a Muscle**

### **Chorus:**

**My mind is like a muscle  
Let's all work out, work out  
My mind is like a muscle  
Come on work out, work out**

**To work my muscles  
I exercise each day  
To work my mind  
I learn to concentrate**

**My body stays healthy  
When I exercise  
My mind gets better  
Every time it tries**

### **Chorus: repeat chorus**

**When I work my muscles  
It might cause a little pain  
When I work my mind  
I can feel the strain**

**But tomorrow I'll feel better  
And the next day even stronger  
I can learn concentrate  
Longer and longer**

### **Chorus: repeat chorus**

**Whether I'm running  
Or learning to read  
Strong and steady exercise  
Is what I need**

**Whether I'm climbing  
Or doing my math  
I work it, work it, work it  
And give it all I have**

### **Chorus: repeat chorus**

## **9) I Build Inside**

When I'm working silently  
I build inside  
In my heart where no one sees  
I build inside

The feeling that really counts  
Comes from the inside out  
I choose, I decide  
I build inside

When the job is mine to do  
I build inside  
When I finally see it through  
I build inside

Others see it, that's O.K.  
On top of what the others say  
I choose, I decide  
I build inside

Building, building inside  
Building, building inside  
Building, building inside  
Building, building, building, building

When I have to work at it  
I build inside  
When the puzzle finally fits  
I build inside

Just begun or almost done  
Rainy day or shining sun  
I choose, I decide  
I build inside

## **10) I Can Do It**

Hello boys and girls, it's so good to see your face  
I love to come to this happy place  
Where we sing and laugh and learn and play  
Let's put one thumb up, two thumbs up  
Point to yourself and say

I can do it, I can do it, I can do it.  
I put my heart and my mind to it  
And I can do it.

I can tie my shoes, read my books  
Sing the alphabet through.  
I can write my name, write my numbers  
There's tons of things that I can do.  
Like being kind to my friends

I can do it, I can do it, I can do it.  
I put my heart and my mind to it  
And I can do it.

What I tell myself is a powerful thing  
It turns night into day, winter into spring  
When I start to feel it in my heart  
And hear it in my mind,  
When I hear it in my mind I find that

I can do it, I can do it, I can do it.  
I put my heart and my mind to it  
And I can do it. I can do it. I can do it.

### **11) Slow Groove**

There was a race between the turtle and the rabbit  
The turtle had his groove but the rabbit didn't have it  
The rabbit ran fast then he stopped and looked around  
When the turtle passed him up he was sleeping on the ground

The turtle took the track that finally won the race  
He set his own pace, and it was a

#### **Chorus:**

Slow groove – coming through  
Slow groove – in all I do  
It's my power move, and it's a  
Slow Groove

#### **Verse:**

Strong and steady is the way I live  
I've got all day long initiative  
I tackle the task, I take my time  
I use my tools, I make it mine

Call me "Steady Betty", or "Steady Eddie"  
Or "Fit to Find my Freedom Freddy"

No matter what it takes, no matter how long  
Here's what makes my song, it's a

#### **Chorus: repeat chorus**

#### **Verse:**

Give me the Tough Stuff, I'll work right through it  
With Music in My Mouth, singing I Can Do It  
I fly like a butterfly, buzz like a bee  
Yo Si Puedo, Mariposa and me

I'm a tree, I'm a kite, I'm a rubber band  
I'm LIGHT, I've got One World in my hands  
I use Three Rules to plan my day  
I make mistakes but I'm Gonna Find a Way

I use Golden Words to share my thoughts  
Let's Play; I Can Write Any Song I Want and it's a

Chorus: repeat chorus

## **12) Up The Mountain**

Verse 1

One step starts the journey

Up the mountain, up the mountain, oh

One step starts the journey

Up the hill

One step starts the journey

Up the mountain, up the mountain, oh

I will climb the mountain

Yes, I will

Verse 2     Step by step I'm climbing

Verse 3     Yes, I'm going to make it

Verse 4     I can see forever

Verse 5     There's another mountain

### **13) I'm Gonna Find A Way**

I keep on working till I figure it out  
Figure it out, figure it out  
I keep on working till I figure it out  
I'm gonna find a way

I might have to do it again and again  
5-6-7-8-9-10  
I might have to do it again and again  
But I'm gonna find a way

I keep on working till I figure it out  
Figure it out, figure it out  
I keep on working till I figure it out  
I'm gonna find a way

I might have to turn things inside out  
Inside out, inside out  
I might have to turn things inside out  
But I'm gonna find a way

I keep on working till I figure it out  
Figure it out, figure it out  
I keep on working till I figure it out

I'm gonna find a way

