

"Find Your Joy"

When you feel like you're trapped in your own skin-
courage and hope are wearing thin,
put fear and doubt aside,
seize the day, stem the tide.
Raise the shades; let the sunshine in.

There is joy, joy, joy-
precious joy you can find.
Listen to your heart and open your mind.
Let love start to flow with every seed you sew.
Find your joy- your spirit will shine.

Write a poem or reach out to an old friend.
Find that broken fence that you need to mend.
Stop and smell a rose.
When it rains, find a rainbow.
'Cause joy is a garden you must tend.

(repeat chorus)

You can sing or dance around-
look at the stars- don't make a sound.
When peace and gladness thrive,
joy is alive.

(repeat chorus)

Find your joy- your spirit will shine.
Find your joys- spread it all around.

*Lyrics by Jason Spraggins
Music by Matt Glickstein
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