

♪ **TO BE THE BEST ME (3:51)** ♪

https://www.youtube.com/watch?v=Q8XfD9pXyI0&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4&index=3

Song #3 on album *Caring and Capable Kids, Vol. 3: Drug-Free -- That's Me!*

YouTube link for album

https://www.youtube.com/watch?v=KHAFJO2yYr4&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4

Amazon.com link for album

https://www.amazon.com/Caring-Capable-Kids-Vol-Drug-Free/dp/B08H4HGKTX/ref=sr_1_3?dchild=1&keywords=linda+k.+williams+caring+and+capable+kids+digital+music&qid=1606238683&sr=8-3

Think and Share Invitations

Suggested introduction: To "affirm myself" means "to say -- or think -- things about myself, to myself; to declare those things to be true," and in this song, you are encouraged to say positive and helpful things about yourself, to yourself -- affirmations-- in order to help you be the best you that you can be!

* Think and share about what it means to you to be the best version of yourself.

* Think and share about which of these affirmations do you find most encouraging and empowering, and why:

~ I'm lovable and capable.

~ I believe in myself, and I am special.

~ I stay true to who I am.

~ I learn from my mistakes.

~ I know that I am loved.

~ I can make wise decisions.

~ I choose my friends wisely.

~ I handle problems calmly.

~ I like myself and I'm unique

~ I get high on life and live drug-free

~ _____ (Make up your own positive messages to yourself!)

- (1) I'm lovable and capable;
I'm lovable and capable!

REFRAIN To be the best me that I can be, I affirm myself each day!

- (2) I believe in myself, and I am special:
I believe in myself, and I am special! **REFRAIN**

- (3) I stay true to who I am;
I stay true to who I am! **REFRAIN**

- (4) I learn from my mistakes;
I learn from my mistakes! **REFRAIN**

- (5) I know that I am loved;
I know that I am loved! **REFRAIN**

- (6) I can make wise decisions;
I can make wise decisions! **REFRAIN**

- (7) I choose my friends wisely;
I choose my friends wisely! **REFRAIN**

- (8) I handle problems calmly;
I handle problems calmly! **REFRAIN**

- (9) I like myself and I'm unique;
I like myself and I'm unique! **REFRAIN**

- (10) I get high on life and live drug-free;
I get high on life and live drug-free! **REFRAIN**

**SPOKEN: "For the next 4 verses, choose your favorite affirmations, or make up your own positive messages to yourself!"
THEN REPEAT FIRST VERSE AND REFRAIN.**