

## ***♪ TO BE THE BEST ME (3:51) ♪***

[https://www.youtube.com/watch?v=Q8XfD9pXyI0&list=OLAK5uy\\_n91EDqkTNymCR-QO88CJmwlvh2Cu-OP4&index=3](https://www.youtube.com/watch?v=Q8XfD9pXyI0&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvh2Cu-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-QO88CJmwlvh2Cu-OP4](https://www.youtube.com/watch?v=KHAfJO2yYr4&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvh2Cu-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](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**.**