

CHOICES LIFE SKILLS PROGRAM

MOTIVATIONAL SONGS

The songs listed below can be extremely helpful as a motivational tool. Playing a current or past hit song may help get the class off to a good start. Music can be energizing and serve as a cultural example. The songs listed below are current hits to update the existing and extensive list in the **Instructor's Guide for Choices, Challenges, and Changes**. Suggestions on how to use a "Song of the Day" can be found on Page 9 in the Instructor's Guide. Please feel free to ask your students to suggest new songs that inspire them. Care should be given to lyrical content.

1. Unwritten by Natasha Bedingfield

I am unwritten, can't read my mind, I'm undefined
I'm just beginning, the pen's in my hand, ending unplanned
Staring at the blank page before you
Open up the dirty window
Let the sun illuminate the words that you could not find
Reaching for something in the distance
So close you can almost taste it
Release your inhibitions
Feel the rain on your skin
No one else can feel it for you
Only you can let it in
No one else, no one else
Can speak the words on your lips
Drench yourself in words unspoken
Live your life with eyes wide open
Today is where your book begins
The rest is still unwritten
Oh, oh, oh
I break tradition, sometimes my tries, are outside the lines
We've been conditioned to not make mistakes, but I can't live that way

(Rest of lyrics repeat)

2. Beautiful by Christina Aguilera

Every day is so wonderful , And suddenly, I saw debris
Now and then, I get insecure, From all the pain, I'm so ashamed
I am beautiful no matter what they say
Words can't bring me down
I am beautiful in every single way
Yes, words can't bring me down, So don't you bring me down today
To all your friends, you're delirious
So consumed in all your doom
Trying hard to fill the emptiness
The piece is gone left the puzzle undone

That's the way it is
You are beautiful no matter what they say
Words can't bring you down
You are beautiful in every single way
Yes, words can't bring you down
Don't you bring me down today...
No matter what we do
No matter what they say
When the sun is shining through
Then the clouds won't stay
And everywhere we go
The sun won't always shine
But tomorrow will find a way
All the other times
'cause we are beautiful no matter what they say
Yes, words won't bring us down, oh no
We are beautiful in every single way
Yes, words can't bring us down
Don't you bring me down today

3. You Gotta Be by Desree

Listen as your day unfolds, Challenge what the future holds
Try and keep your head up to the sky
Lovers, they may cause you tears, Go ahead release your fears
Stand up and be counted, Don't be ashamed to cry
You gotta be
You gotta be bad, you gotta be bold
You gotta be wiser, you gotta be hard
You gotta be tough, you gotta be stronger
You gotta be cool, you gotta be calm
You gotta stay together
All I know, all I know, love will save the day
Herald what your mother said
Readin' the books your father read
Try to solve the puzzles in your own sweet time
Some may have more cash than you
Others take a different view
My oh my heh, hey
(repeat chorus)
Don't ask no questions, it goes on without you
Leaving you behind if you can't stand the pace
The world keeps on spinning
You can't stop it, if you try to
This time it's danger staring you in the face
Oh oh oh Remember
(repeat first verse and chorus)

4. **Hold On** by Wilson Phillips

I know this pain, Why do lock yourself up in these chains?
No one can change your life except for you, Don't ever let anyone step all over you
Just open your heart and your mind, Is it really fair to feel this way inside?
Some day somebody's gonna make you want to turn around and say goodbye
Until then baby are you going to let them hold you down and make you cry
Don't you know? Don't you know things can change
Things go your way if you hold on for one more day
Can you hold on for one more day
Things go your way
Hold on for one more day
You could sustain or are you comfortable with the pain?
You've got no one to blame for your unhappiness
You got yourself into your own mess
Lettin your worries pass you by
Don't you think its worth your time to change your mind?
(Rest of lyrics repeat)

5. **Deliver Me** by Sarah Brightman

Deliver me, out of my sadness.
Deliver me, from all of the madness.
Deliver me, courage to guide me.
Deliver me, strength from inside me.
All of my life I've been in hiding.
Wishing there was someone just like you.
Now that you're here, now that I've found you,
I know that you're the one to pull me through.
Deliver me, loving and caring.
Deliver me, giving and sharing.
Deliver me, the cross that I'm bearing.

6. **"Shaking the Tree,"** by Peter Gabriel

Waiting your time, dreaming of a better life
Waiting your time, you're more than just a wife
You don't want to do what your mother has done
(she has done)
This is your life, this new life has begun
It's your day -- a woman's day
It's your day -- a woman's day
Turning the tide, you are on the incoming wave
Turning the tide, you know you are nobody's slave
Find your sisters and brothers who can hear all the truth
In what you say
They can support you when you're on your way
It's your day -- a woman's day
It's your day -- a woman's day

We are shaking the tree
Changing your ways, changing those surrounding you
Changing your ways, more than any man can do
Open your heart, show him the anger and pain
So you heal
Maybe he's looking for his womanly side
And you feel you had to be so strong
And you do nothing wrong, nothing wrong at all
We're gonna to break it down
We have to shake it down, shake it all around
We are shaking the trees

7. **"Sisters Are Doing It For Themselves," by Aretha Franklin**

Now there was a time when they used to say
That behind every "great man."
There had to be a "great woman."
But in these times of change you know
That it's no longer true.
So we're comin' out of the kitchen
'Cause there's somethin' we forgot to say to you (we say)

Sisters are doin' it for themselves.
Standin' on their own two feet.
And ringin' on their own bells.
Sisters are doin' it for themselves.

Now this is a song to celebrate
The conscious liberation of the female state!
Mothers - daughters and their daughters too.
Woman to woman
We're singin' with you.
The "inferior sex" got a new exterior
We got doctors, lawyers, politicians too.
Everybody - take a look around.
Can you see - can you see - can you see
There's a woman right next to you.

Now we ain't makin' stories
And we ain't layin' plans
'Cause a man still loves a woman
And a woman still loves a man
(Just a same though)

8. "Ray of Light," by Madonna

Zephyr in the sky at night I wonder
Do my tears of mourning sink beneath the sun
She's got herself a universe gone quickly
For the call of thunder threatens everyone

And I feel like I just got home
And I feel
And I feel like I just got home
And I fee-ee-ee-ee-l...

Faster than the speeding light she's flying
Trying to remember where it all began
She's got herself a little piece of heaven
Waiting for the time when earth shall be as one

Quicker than a ray of light
Quicker than a ray of light
Quicker than a ray of light

And I feel
Quicker than a ray of light
Then gone for
Someone else shall be there
Through the endless years

She's got herself a universe
She's got herself a universe
She's got herself a universe

And I feel
And I feel
And I feel like I just got home
And I feel

Quicker than a ray of light she's flying
Quicker than a ray of light I'm flying...