Sometimes people say things
that they don't really mean.
They just might call you names
to lift their self esteem.
But soon enough, they'll realize
that it'll never work.
Because inside they're trying to hide
how much they really hurt.

But as long as you know who you are and what you're about
Nothing they say can shake your pride and make you doubt
The beauty you have in you and when they give attitude you can tell them like this.

Say, I'm beautiful and spiritual and I think it's about time to tell you this. I'm gonna be the best me that I know how to be.

One day you learn how much it means to believe in yourself.
So take these words and share these words to help somebody else.

You never know. Anything's possible. You just might make a friend. So when they try to make you cry, tell them again and again.

Say it like this- I'm beautiful and spiritual and I think it's about time to tell you this. I'm gonna be the best me that I know how to be.

Say it again my brother- I'm beautiful and spiritual and I think it's about time to tell you this. I'm gonna be the best me that I know how to be.

I'm beautiful and I'm spiritual and I think it's about time to tell y ou this.

I'm gonna be the best me that I know how to be.
[till fade]