It's so easy to become caught up in your own life
Filled with all of your own problems, can't even sleep at night
Everyday it's like a new problem arrives
Need to ground yourself, can't afford to lose your mind
If you wanna know the secret, if you want the best advice
Come and take a listen
Fall in love with what you find

Go and tell your mama you love her, go and tell your mama you love her

Without her you could not love another, without her you could n ot love another

Go and tell your mama you love her

Everything she did in the past, you knew it already happened No use to every time you see her you get to snappin' She's constantly apologizing for the things that she has done But what you must remember is those very first 9 months Let me let you in on a secret, if you want all this advice Come and take a listen, you fall in love with what you find

Go and tell your peoples you love  $\operatorname{em}$ , go and tell your peoples you love  $\operatorname{em}$ 

And thank them cause without em you're nothing, and thank em ca use without em you're nothing

Go and tell your mama you love her

Go and tell your daddy you love him

Now go and tell your brother you love em

Now go and tell your sister you love  $\operatorname{\mathsf{em}}$ 

Now go and tell your cousins you love em

Now go and tell your homies you love  $\operatorname{\mathsf{em}}$ 

Now go and your baby you love em

You tell em, you say baby I love you