

Heartsong @ 1917 This Week – “I’m Good”

Wednesday, June 15, 2016, 10:45 a.m. – 12:00 noon

UAB 1917 Clinic, 1st Floor Library, Room 151

Facilitator: Joe Elmore and Shirley Selvage

Heartsong @ 1917 is a weekly, open discussion about spirituality and finding meaning and purpose in life. Everyone is welcome to attend who is interested in connecting to the spiritual side of life. 1917 Staff are welcome. If you do not want to receive this weekly email, just reply with “unsubscribe” in the subject line.

UAB 1917 CLINIC WEBSITE: <http://www.uab.edu/1917clinic/>

Video:

<https://www.youtube.com/watch?v=H0fQP-YHaCE>

Lyrics

People You're my hero
How you doing?
How you stay strong?
Let 'em all know.
There's so much that I've been through
I have my days when, It's true y'all
I just can't smile, I just wanna cry
It ain't easy, sometimes it's work just to be alive

But when I think of the goodness
That's come to me
It's easier to let go of all my grief
Sometimes you gotta tell yourself
That I'm not having it
Just take a good look in the mirror
Say to yourself I've come too far to quit
(So say I'm good) Good enough to love myself
(So good) Good enough to have success
(Yeah, yeah yeah) What you gain from all your stress Is the freedom to know that you
are blessed
(I'm good) Good enough to handle my biz
(So good) Good enough to raise my kids
(Yeah, yeah yeah) The past is the past and honestly
I'm happy for where I'm at because I'm good.

[Tim Bowman Jr. - I'm Good Lyrics | MetroLyrics](#)

Words on the Theme

"I know where I'm going and I know the truth, and I don't have to be what you want me to be. I'm free to be what I want.

~Muhammad Ali~

What you do today can improve all your tomorrows.

~Ralph Marston~

With the new day comes new strength and new thoughts.

~Eleanor Roosevelt~

Sometimes life hits you in the head with a brick. Don't lose faith.

~Steve Jobs~

The important thing is to learn a lesson every time you lose. Life is a learning process and you have to try to learn what's best for you. Let me tell you, life is not fun when you're banging your head against a brick wall all the time.

~John McEnroe~

They cannot see that we must lay one brick at a time, take one step at a time.

~Dorothy Day~

Everything starts with one step, or one brick, or one word or one day.

~Jeremy Gilley~

Brick walls are there for a reason. The brick walls aren't there to keep us out. The brick walls are there to show us how badly we want things.

~Randy Pausch~

It is a rough road that leads to the heights of greatness.

~Lucius Annaeus Seneca~

The best road to progress is freedom's road.

~John F. Kennedy~

Resilience isn't a single skill. It's a variety of skills and coping mechanisms. To bounce back from bumps in the road as well as failures, you should focus on emphasizing the positive.

~Jean Chatzky~

If you don't know where you are going, any road will get you there.

~Lewis Carroll~



NEXT WEEK
Heartsong@1917
Wednesday, June 29, 2016
Chris Hamlin, Facilitating