

24. Resilience

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Words & Music by Abbie Betinis
St. Paul, MN | 2017

Determined, forceful (♩ = 60)

First time, all on Part 1

1
Re - sil - ience, we are strong; shoul - der to shoul - der keep

2
Re - sil - ience, we are strong; shoul - der to shoul - der keep

3
(shout it!)
Oh! Oh! We are strong; hold _____

1
mov - in' on, — Re - sil - ience, make a new plan;

2
mov - in' on, — Re - sil - ience, make a new plan;

3
on! _____ I wan - na make it and I know we will, yes — it's

ENDING

1
stand up a - gain and say yes we can. — Re - sil - ience.

2
stand up a - gain and say yes we can. — Re - sil - ience.

3
hard to keep go - in' but it's worse to stand still. Re - sil - ience.

Performance Suggestions:

Abbie writes: "Resilience is a mindset born in the hardest days, when you're scared or sad or tired, when progress toward your goal is slow and the barriers seem impenetrable... and yet you