

I Am Resilient

Words & Music by Julieann Hartley

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Strongly (♩ = 110)

The musical score is written in treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. The tempo is marked 'Strongly' with a quarter note equal to 110 beats per minute. The score consists of ten staves of music. The lyrics are: 'I am re-sil-ient. I am strong. You can knock me down, but I'll just car-ry on. I am re-sil-ient, I am strong. And no-bod-y can stop me from sing-ing my song. So stand up, stand tall, Hold your head up high through it all, When it's not, go-ing your way, Use your cop-ing skills to bright-en up your day. Hey! Hey, Jul-ie-ann, what are cop-ing skills? Well, they're the good things that help us calm down, Like'. The score includes various musical notations such as notes, rests, and slurs, along with chord symbols (G, D, A, Bm, E) placed above the staff. The piece concludes with a 'Fine' marking.

I am re - sil - ient. I am strong. You can
knock me down, but I'll just car - ry on. I am re -
sil - ient, I am strong. And no - bod - y can stop me from
sing - ing my song. So stand up, stand tall, Hold your
head up high through it all, When it's not, go - ing your
way, Use your cop - ing skills to bright - en up your day. Hey!
Hey, hey!
Hey, Jul - ie - ann, what are cop - ing skills?
Well, they're the good things that help us calm down, Like

I Am Resilient

E G D G D
 read-ing a book, or lay-ing on the ground. — well, can I

E D G D
 sing a song? May-be get a hug? And can I

E G D C G
 eat all the ice cream, that the world has on it to - day?! —

G7 D A
 I love ice cream I am re - sil-ient. — I am strong. You can

Bm G D
 knock me down, but I'll just ca - rry on. I am re - sil-ient, — I am

A Bm G Em
 strong. And no-bo-dy can stop me from sing-ing my song. I may

A D G Em
 lose, — and I may fail. But when I use my —

A D G Em A
 — cop-ing skills, I know my wounds will heal. Yes I may lose, and

D G G A D D.C. al Fine
 I may fail. But I'm strong, and my wounds will heal.