Some say life is hard
Like swimming upstream
or going against the grain
But I say life ain't that hard
'Cause I've seen how
the joy outweighs the pain
So you can sit and whine
about the times you've been having
Oh but as for me I choose to be
as happy as I can be

Because I'm Alright
Trouble may find me
but it's not gonna keep me down
'Cause I'll hold on tight
To the Father who loves me
and likes having me around
'Cause He loves me, and He cares for me,
And so I'll be alright

We go round and round
Back and forth and almost upside down
To buy who we are A great big house, nice jeans, and a shiny car
But I'm learning that this world keeps turning
with or without me
So I'll do my best and leave the rest
to the one watching over me

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but it's not gonna keep me down
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