Girl, you've been forgetting
Just how special you really are
And I try to remind you
Sometimes I can't find you
But the truth is in your heart

So write a note to yourself

Girl, don't beat yourself up Your best is good enough So pick the pen up

So write a note to yourself,
A note to yourself
And don't be cruel,
'Cause things do happen
And you know it's not your fault
Don't cover your wounds with the salt

Girl, let me tell you what I see
You've got to believe me
You're a thing of beauty

Girl, put it in an envelope
Put it in the post
It'll come back to your door

So write a note to yourself,
A note to yourself
And don't be cruel,
'Cause things do happen
And you know it's not your fault
Don't cover your wounds with the salt

And write a note to yourself And read the note to yourself