

You were walking on the moon, now you're feeling low
What they said wasn't true, you're beautiful
Sticks and stones break your bones, I know what you're feeling
words like those won't steal your glow, you're one in a million

This, this is for all the girls, and boys all over the world
whatever you've been told, you're worth more than gold
so hold your head up high, it's your time to shine
from the inside it shows, you're worth more than gold
(gold gold, you're gold)
You're worth more than gold
(gold gold you're gold)

Well everybody keeps score, afraid you're gonna lose
just ignore they don't know the real you
all the rain in the sky can't put out your fire
of all the stars out tonight, you shine brighter

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So don't let anybody tell you that you're not loved
and don't let anybody tell you that you're not enough
yeah there are days that we all feel like we are messed up
but the truth is that we're all diamonds in the rough
so don't be ashamed to wear your crown
you're a king you're a queen inside and out
you glow like the moon, you shine like the stars
this is for you, wherever you are

Oh, oh, yeah, yeah, oh, oh,
you're gold

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(so hold your head up high) so hold your head up high,
it's your time to shine
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