

I'm Okay

Connie Cook Smith © 1992



I'm okay as a girl or a boy
I am here to experience joy
To live so free
To be so me
That's what I am
and
I'm okay as a boy or a girl
I am here to give life a whirl
And do all I can
As a woman
As a man
That's what I'll be

We all have a treasure chest
Of intelligence and love
We can afford to give our best
It's something we'll never run out of

I'm okay if I'm up or I'm down
A friend will always bring me around
If we trust each other
We'll understand one another
Then we're okay
and

I'm okay as a member of Earth (One is All)
I am here to help with a birth (All is One)
Of peace and power
Health and love now will flower
'Cause we're okay

Now don't forget your treasure chest
Of intelligence and love
You can afford to give your best
It's something you'll never run out of

'Cause you're okay
You're okay
We're okay
I'm okay
I'm okay