

Up in the Morning

Ch When I wake up in the morning, I put on a smile or a frown.
Before my body can roll out of bed, I know how the day's going down!

1. If I go down the road happy, the sun shines wherever I laugh.
With my head in the sky and my feet stepping high,
you might think that I'm a giraffe.
But if I go down the road grumpy, I go with a frown and a scowl.
I enter the room dragging rain clouds and gloom; I might as well be an old owl.

Ch

2. Now grumpy is cold like a lizard that shivers and quivers inside.
It'll slither and dither and make your heart wither
'till you dry up and blow far and wide.
But happiness feeds on the sunshine; it spreads like a warm summer breeze.
It can't be resisted, and even tight-fisted old grouches are melted with ease!

Ch

3. Here's what I'm trying to tell you, that every new moment's a choice.
Seeing glasses half-empty is often quite tempty,
but only makes everything 'woise'.
If seeing is truly believing, then what we believe we can see.
See your glasses half-full and I'm certain that you'll
be as happy and cheerful as me.

Ch2

'Cause, when I wake up in the morning, I can put on a frown or a smile.
I can choose to be cheerful, or fearful and tearful, and cheerfulness wins by a mile.

Ch3

So, when you wake up in the morning, just think happy thoughts for a while;
before your body can roll out of bed, you'll wrap the day up in a smile.