

I Can Do Hard Things

Words and Music by
Narwhals & Waterfalls

Vocal

The musical score is written in 4/4 time. It features a vocal line and a piano accompaniment. The piano part consists of a steady eighth-note bass line and a treble line with chords and melodic fragments. Chords are indicated by letters F, C, G, and C. Measure numbers 3, 5, 9, 13, 17, 21, 25, and 29 are circled. The lyrics are: "Has there ev - er been some - thing that felt real - ly hard to do? Like rid - ing a bike or ty - ing your shoe? Some - times I have to re - mind my - self I'm strong - er than I think. I can do hard things ev - en when I feel weak. I can do, I can do, I can do hard things. I can do, I can do, I can do hard things. Some time it's real - ly hard to do the right thing. Like stand - ing up for some - one who's get - ting bul - lied But your voice mat - ters, makes a dif - ference in this world. It's time to step up and let your voice be heard. I can do,"

3 5 C

F C Has there ev - er been some - thing that felt

F C 9 real - ly hard to do? Like rid - ing a bike or ty - ing your shoe? Some -

F C times I have to re - mind my - self I'm strong - er than I think. I can

13 F C do hard things ev - en when I feel weak. I can do,

G F G C 17 I can do, I can do hard things. I can do,

G F G 21 C I can do, I can do hard things. Some

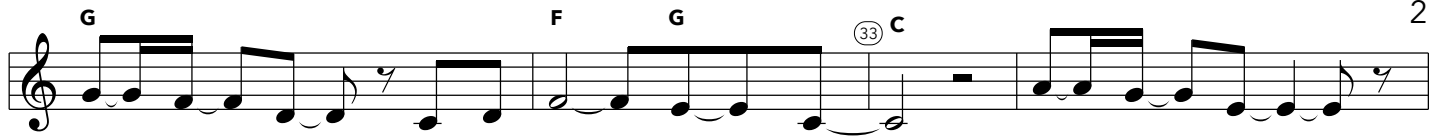
F G time it's real - ly hard to do the right thing. Like

C 25 F C stand - ing up for some - one who's get - ting bul - lied But

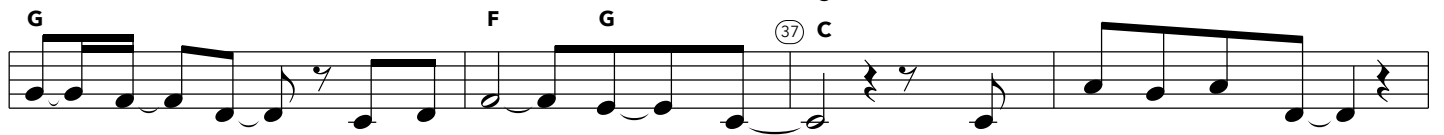
F C your voice mat - ters, makes a dif - ference in this world. It's

29 F C time to step up and let your voice be heard. I can do,





I can do, I can do hard things. I can do,



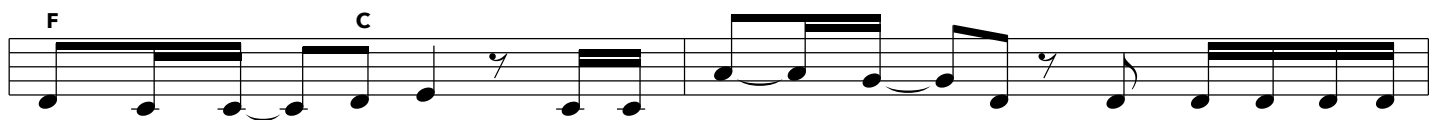
I can do, I can do hard things. Some- times I don't feel



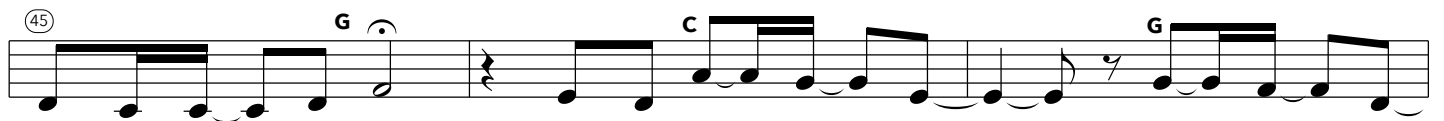
con- fi- dent or brave and I'm lone- ly, sad, up-



set or a- fraid. It's good to ask for help if we



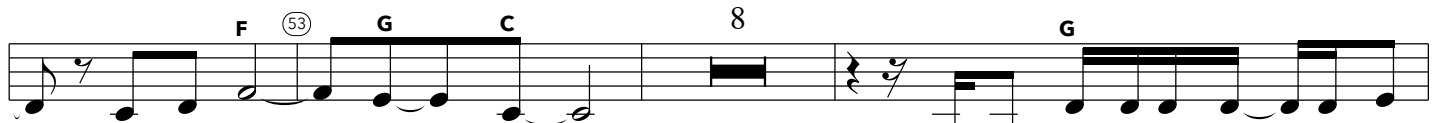
don't know what to do. Take a deep breath in and li- sten to the



voice in- side of you say- ing I can do, I can do,



I can do hard things. I can do, I can do,

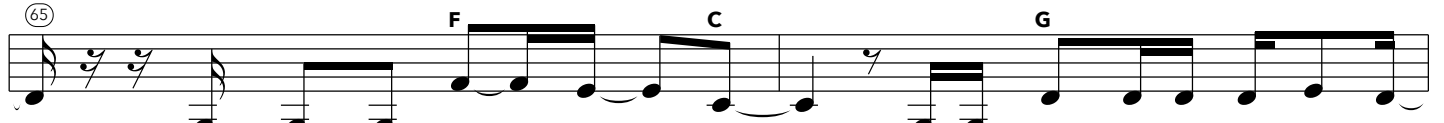


I can do hard things.

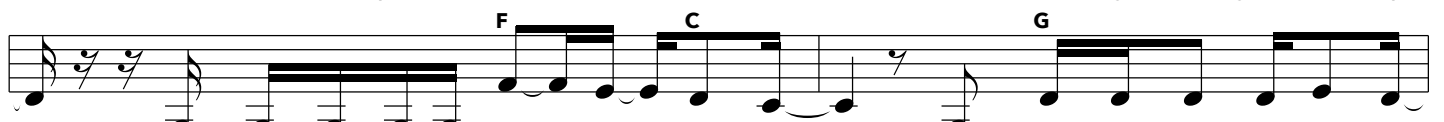
It's al- right if I make a mis-



take I'll just give my- self a big hug and try a- gain an- o- ther d-



ay and show my- self some love. If I don't get it right a- way,



I'll give my- self a pat on the back and know I'm loved a- ny- way

69 F C G

and that I'm on the right track! If your friend makes a mis-

F C G

take give them a big high five and say "You're so brave for

73 F C G

try - ing you'll get it next time! I can do, I can do,

F 77 G C G

I can do hard things. I can do I can do

F 81 G C

I can do hard things.

