IF YOU COULD
INTRO + QUOTES + LYRICS + QUESTIONS

INTRODUCTION TO SONG: - Possibility

This song was written in the middle of struggle.
Not after clarity — during confusion.

When everything felt uncertain, questions began to surface.

Not accusing questions. Not analytical questions. **Existential ones**.

Who am I really?
What would I choose if fear wasn't leading?
What is still possible?

Depression often narrows identity.
It tells us who we are in the smallest terms.

This song quietly resists that narrowing.
It opens space again.

It reminds us that asking honest questions is not weakness.
It is movement.

You may not know the answers.
But the act of asking keeps you alive.

QUOTES FROM SOME OF MY FAVOURITE AUTHORS:

Parker Palmer

"Before you tell your life what you intend to do with it, listen for what it intends to do with you."

Carl Rogers

"The good life is a process, not a state of being. It is a direction, not a destination."

Martin Seligman

"Hope is the belief that tomorrow can be better than today."

LYRICS TO SONG:

If You Could © 2018

Music: Jim Duchesneau
Lyrics: Jim Duchesneau

Verse 1
If you could dream of being anything in the world, what would you possibly dream? Cm6
If nothing could stop you from becoming the best, what do you think you would be? F (open)
If you could feel something amazing inside, what do you think you would feel? Cm6
Ask your heart for a clue, then wait, for what it reveals. Dm7 G Cm6

Verse 2
If you looked to the truth of who you really are, what do you think you would see? Cm6
If you searched for the things that make you strong, what do you think they would be? F (open)
If you sought out the dreams that lie within, what would those dreams be? Cm6
Ask your heart for a clue, then wait, for what it reveals. Dm7 G Cm6

Chorus
It's O.K. to ask yourself questions. Dm6 G
It's O.K to wonder why. C Am
You may not be what you expected you'd be. Dm6 G
You may not even know why. C Am
But don't ever give up trying Dm6 G
to find who you really are. C Am
Even if it takes a lifetime, you must try. Dm 6 G Cm

Verse 3
If you could feel anything that you wished, what would you choose to feel? Cm6
If you could ask any questions of the universe, what would those questions be? F (open)
If you could undo anything that you've done, what would you choose it to be? Cm6
Ask your heart for a clue, then wait, for what it reveals. Dm7 G Cm6

Verse 4
If you could be the best lover in the world, is it something you would choose to be? Cm6
If kindness and compassion were your closest friends, how do you think you would feel? F (open)
If you could redo any moments of your life, what would those moments be? Cm6
Ask your heart for a clue, then wait, for what it reveals. Dm7 G Cm6

Chorus

20 QUESTIONS FOR REFLECTION:

1. If fear were quieter, what would you want more of in your life?
2. What value matters most to you right now?
3. When you imagine becoming your “best,” what qualities come to mind?
4. What strength have you underestimated?
5. If you could feel one emotion more often, what would it be?
6. What small action would move you 1% closer to who you want to be?
7. What dream have you put on hold?
8. When you look honestly at yourself, what goodness do you see?
9. What belief about yourself deserves to be questioned?
10. If you could forgive one past mistake, what might open up?
11. What does “being strong” actually mean to you?
12. What kind of love would you like to offer the world?
13. If kindness and compassion guided you, what would change first?
14. What question about your life still feels alive?
15. When you imagine your future self, what do they thank you for?
16. What part of you refuses to give up?
17. What would it mean to grow without rushing?
18. If your life is a quest, what chapter are you in now?
19. What truth have you been avoiding?
20. If hope were speaking softly inside you, what would it say?