

# Labels (Song 1)

What will I be called today for the things I say and do  
Is there something I can change  
There are reasons I can see for what they say I am  
But I know what I can be, what I could be....

If you could look past the writing on the outside  
I know you'd like what you'd find there  
Or will I still be misjudged from the outside  
Appearances can be misleading  
It doesn't have to be this way

There is so much time to waste on the appealing things  
That have a bitter aftertaste  
I will tear it all away and show them who I am  
And that I'll be okay, I'll be okay

If you could look past the writing on the outside  
I know you'd like what you'd find there  
Or will I still be misjudged from the outside  
Appearances can be misleading  
It doesn't have to be this way

If you could would you tear it all away like I can do?

If you could look past the writing on the outside  
I know you'd like what you'd find there  
Or will I still be misjudged from the outside  
Appearances can be misleading

## Tearing Off Your Label

**4** **Four steps to tearing off your label:**

- 1. Identify: How is your label working for you?**
  - What labels do you have that are getting in the way of your opportunities?
- 2. Do something different.**
  - What behavior needs to change?
  - What do you need to stop doing? (not working for you)
  - What do you need to start doing? (something new)
  - Remember: Same thing = Same results
- 3. Focus on your strengths.**
  - Project the label that you want.
- 4. Repeat what you are doing right.**
  - Remember: It takes time for others to see the change.

**Every night, ask yourself:**

- What did I do today to tear off the label?
- How can I do more of this tomorrow?

**1** What is a label?

**2** Why is it easy to give up when you have a label? Are these over an excuse?

**3** Permission to brag:

- What do you like about yourself?
- What do others like about you?
- Your accomplishments
- Your strengths, goals, and dreams
- If you were to give yourself a label, what would it be? (Must be positive)

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