

# The 11 Stages of Happiness Soundtrack Lyrics

Content Level 0

(Courtesy of AZLyrics)

## 11 Stages of Happiness Theme Song

### **Somewhere over the Rainbow/What a Wonderful World – Israel Kamakawiwo'ole**

Somewhere over the rainbow  
Way up high  
And the dreams that you dreamed of  
Once in a lullaby

Somewhere over the rainbow  
Bluebirds fly  
And the dreams that you dreamed of  
Dreams really do come true

Someday I'll wish upon a star  
Wake up where the clouds are far  
Behind me  
Where trouble melts like lemon drops  
High above the chimney top  
That's where you'll find me

Somewhere over the rainbow  
Bluebirds fly  
And the dream that you dare to,  
Oh why, oh why can't I?

Well I see trees of green and red roses too,  
I'll watch them bloom for me and you  
And I think to myself  
What a wonderful world

Well I see skies of blue  
And I see clouds of white  
And the brightness of day  
I like the dark  
And I think to myself  
What a wonderful world

The colors of the rainbow so pretty in the sky  
Are also on the faces of people passing by  
I see friends shaking hands  
Singing, "How do you do?"  
They really sing, "I...I love you"

I hear babies cry and I watch them grow  
They'll learn much more than we'll know  
And I think to myself  
What a wonderful world

Someday I'll wish upon a star  
Wake up where the clouds are far  
Behind me  
Where trouble melts like lemon drops  
High above the chimney top  
That's where you'll find me

Oh, somewhere over the rainbow  
Way up high  
And the dream that you dare to  
Why, oh why can't I? I?

Writer(s): E.y. "yip" Harburg, Robert Thiele

**Stage 1 – Reckoning (Measurement of Self-Worth)**  
**#1 Catch & Release – Matt Simons (Repeat)**  
**(Split Personality Grief Escape Hatch)**

There's a place I go to  
Where no one knows me  
It's not lonely  
It's a necessary thing  
It's a place I made up  
Find out what I'm made of  
The nights I've stayed up  
Counting stars and fighting sleep

Let it wash over me  
I'm ready to lose my feet  
Take me off to the place where one reveals life's mystery  
Steady on down the line  
Lose every sense of time  
Take it all in and wake up that small part of me  
Day to day I'm blind to see  
And find how far  
To go

Everybody got their reason  
Everybody got their way  
We're just catching and releasing  
What builds up throughout the day

It gets into your body  
It flows right through your blood  
We can tell each other secrets  
And remember how to love

There's a place I'm going  
No one knows me  
If I breathe real slowly  
Let it out and let it in  
It can be terrifying  
To be slowly dying  
Also clarifying  
We end where we begin

So let it wash over me  
I'm ready to lose my feet  
Take me off to the place where one reveals life's mystery  
Steady on down the line  
Lose every sense of time  
Take it all in and wake up that small part of me  
Day to day I'm blind to see  
And find how far  
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And it gets into your body  
And it flows right through your blood  
We can tell each other secrets  
And remember how to love

Writer(s): Matthew Griffith Simons, Erik Mattiasson

**Stage 2 – Change**  
**New Shoes – Paolo Nutini**

Woke up cold one Tuesday  
I'm looking tired and feeling quite sick  
I felt like there was something missing in my day to day life  
So I quickly opened the wardrobe  
Pulled out some jeans and a T-Shirt that seemed clean  
Topped it off with a pair of old shoes  
That were ripped around the seams  
And I thought these shoes just don't suit me

Hey, I put some new shoes on  
And suddenly everything is right  
I said, hey, I put some new shoes on and everybody's smiling  
It's so inviting  
Oh, short on money  
But long on time  
Slowly strolling in the sweet sunshine  
And I'm running late  
And I don't need an excuse  
'Cause I'm wearing my brand new shoes

Woke up late one Thursday  
And I'm seeing stars as I'm rubbing my eyes  
And I felt like there were two days missing  
As I focused on the time  
And I made my way to the kitchen  
But I had to stop from the shock of what I found  
A room full of all of my friends all dancing round and round  
And I thought hello new shoes  
Bye bye them blues

Hey, I put some new shoes on  
And suddenly everything is right  
I said, hey I put some new shoes on  
And everybody's smiling, it's so inviting  
Oh short on money but long on time  
Slowly strolling in the sweet sunshine  
And I'm running late and I don't need an excuse  
'Cause I'm wearing my brand new shoes

Take me wandering through these streets  
Where bright lights and angels meet  
Stone to stone they take me on  
I'm walking to the break of dawn  
Take me wandering through these streets  
Where bright lights and angels meet

Stone to stone they take me on  
I'm walking to the break of dawn

Hey, I put some new shoes on  
And suddenly everything is right  
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'Cause I'm wearing my brand new shoes

Writer(s): Mathew William Benbrook, Paolo Giovanni Nutini, James Paxton  
McMillan Duguid

**Stage 3 – Acceptance**  
**Let it Be - Beatles (Repeat)**  
**(DLIM Grief Escape Hatch)**

When I find myself in times of trouble  
Mother Mary comes to me  
Speaking words of wisdom  
Let it be

And in my hour of darkness  
She is standing right in front of me  
Speaking words of wisdom  
Let it be

Let it be, let it be, let it be, let it be  
Whisper words of wisdom  
Let it be

And when the broken-hearted people  
Living in the world agree  
There will be an answer  
Let it be

For though they may be parted there is  
Still a chance that they will see  
There will be an answer  
Let it be

Let it be, let it be, let it be, let it be  
Yeah, there will be an answer  
Let it be

Let it be, let it be, let it be, let it be  
Whisper words of wisdom  
Let it be

Let it be, let it be, let it be, let it be  
Whisper words of wisdom  
Let it be

And when the night is cloudy  
There is still a light that shines on me  
Shine until tomorrow  
Let it be

I wake up to the sound of music  
Mother Mary comes to me  
Speaking words of wisdom  
Let it be

Let it be, let it be, let it be, yeah, let it be  
There will be an answer  
Let it be

Let it be, let it be, let it be, yeah, let it be  
There will be an answer  
Let it be

Let it be, let it be, let it be, yeah, let it be  
Whisper words of wisdom  
Let it be

Writer(s): John Winston Lennon, Paul James McCartney

**Stage 4 - Love**  
**All Shook Up – Elvis Presley**

A well I bless my soul  
What's wrong with me?  
I'm itching like a man on a fuzzy tree  
My friends say I'm actin' wild as a bug  
I'm in love  
I'm all shook up  
Mm mm oh, oh, yeah, yeah, yeah!

Well, my hands are shaky and my knees are weak  
I can't seem to stand on my own two feet  
Who do you thank when you have such luck?  
I'm in love  
I'm all shook up  
Mm mm oh, oh, yeah, yeah, yeah!

Well, please don't ask me what's on my mind  
I'm a little mixed up, but I'm feelin' fine  
When I'm near that girl that I love best  
My heart beats so it scares me to death!

She touched my hand what a chill I got  
Her lips are like a volcano that's hot  
I'm proud to say she's my buttercup  
I'm in love  
I'm all shook up  
Mm mm oh, oh, yeah, yeah!

My tongue gets tied when I try to speak  
My insides shake like a leaf on a tree  
There's only one cure for this body of mine  
That's to have the girl that I love so fine!

She touched my hand what a chill I got  
Her lips are like a volcano that's hot  
I'm proud to say she's my buttercup  
I'm in love  
I'm all shook up  
Mm mm oh, oh, yeah, yeah!  
Mm mm oh, oh, yeah, yeah!  
I'm all shook up

Writer(s): Elvis Presley, Otis Blackwell

**Stage 5 - Forgiveness**  
**Forgiveness – Matthew West (repeat)**  
**(Blindside Grief Escape Hatch)**

It's the hardest thing to give away  
And the last thing on your mind today  
It always goes to those who don't deserve

It's the opposite of how you feel  
When the pain they caused is just too real  
Takes everything you have just to say the word...

Forgiveness  
Forgiveness

It flies in the face of all your pride  
It moves away the mad inside  
It's always angers own worst enemy  
Even when the jury and the judge  
Say you gotta right to hold a grudge  
It's the whisper in your ear saying 'Set It Free'

Forgiveness, Forgiveness  
Forgiveness, Forgiveness

Show me how to love the unlovable  
Show me how to reach the unreachable  
Help me now to do the impossible

Forgiveness, Forgiveness

Help me now to do the impossible  
Forgiveness

It'll clear the bitterness away  
It can even set a prisoner free  
There is no end to what its power can do  
So, let it go and be amazed  
By what you see through eyes of grace  
The prisoner that it really frees is you

Forgiveness, Forgiveness  
Forgiveness, Forgiveness

Show me how to love the unlovable  
Show me how to reach the unreachable  
Help me now to do the impossible  
Forgiveness



I want finally set it free  
So show me how to see what Your mercy sees  
Help me now to give what You gave to me  
Forgiveness, Forgiveness

Writer(s): Matthew Joseph West

**Stage 6 – Faith (Trust & Confidence)**  
**I Won't Back Down – Tom Petty**

Well, I won't back down  
No, I won't back down  
You can stand me up at the gates of hell  
But I won't back down

No, I'll stand my ground  
Won't be turned around  
And I'll keep this world from draggin' me down  
Gonna stand my ground  
And I won't back down

(I won't back down) Hey, baby  
There ain't no easy way out  
(I won't back down) Hey, I  
Will stand my ground  
And I won't back down

Well, I know what's right  
I got just one life  
In a world that keeps on pushin' me around  
But I'll stand my ground  
And I won't back down

(I won't back down) Hey, baby  
There ain't no easy way out  
(I won't back down) Hey, I  
Will stand my ground  
(I won't back down) And I won't back down

(I won't back down) Hey, baby  
There ain't no easy way out  
(I won't back down) Hey, I  
Won't back down

(I won't back down) Hey, baby  
There ain't no easy way out

(I won't back down) Hey, I  
Will stand my ground  
(I won't back down) And I won't back down  
(I won't back down) No, I won't back down

Writer: Tom Petty, Jeff Lynne

**Stage 7 - Compassion**  
**A Heart that Forgives – Kevin LeVar & One Sound (repeat)**  
**(Pure Evil Grief Escape Hatch)**

I want a heart that forgives  
A heart full of love  
One with compassion just like yours above  
One that over comes evil with goodness and love  
Like it never happened, never holding a grudge

I want a heart that forgives that lives and let's lives  
One that keeps loves over and over again  
One that men can't offend  
Cause your word is deep within  
One that loves without price like you lord Jesus Christ

I want a heart that loves everybody  
Even my Enemies

I want to love like, be like you, just like you did  
I want a heart that forgives, want a heart that forgives  
Want a heart that forgives!  
When the ones that are closes and that I've known the longest  
They hurt me the most; I still wanna love them just like you loved me  
Even though I'm hurting, God should know they hurt me deep

Ohhh, want a heart that forgives  
When the pain is so deep and it's so hard for me to speak about it  
To any one just like your son  
I give up my rights to hold it against them with hatred inside  
I want a heart that loves everybody, even my Enemies

I wanna love like you, be like you, just like you did  
Wanna walk like you, talk like you, just like you did, Wanna be like you  
Jesus

Just like you Jesus Christ, I want a heart  
Cause the heart that forgives that is the heart that will live  
Totally free from the pain of the past and the heart that let's go  
That is the heart that will know so much freedom

Do you wanna be free, my answer is Yes

Lord I wanna be free, my answer is Yes  
God I'm tired of being bound, father my answer is Yes  
I don't want this in my life, father my answer is Yes  
God I'm ready to let it go, father my answer is Yes  
God I'm tired of saying No, father my answer is Yes

I know you got so much for me, that's been hidden by my pride  
You got so much for me, so much you wanna do with my life  
Father help me let it go, Lord you know it's been so long  
Father help me let it go, As I play to you this song  
I don't wanna be hindered by the spirit of offense  
I don't wanna be hindered by people that do me wrong

I wanna love them like you love me, wanna love them like you love me  
Wanna love them like you love me, I want a heart that forgives  
No matter what happens Lord, give me grace, give me grace  
Lord no matter what comes, no matter what people do  
I still wanna love them, I wanna love them, Just like you

Writer(s): Kevin LeVar

### **Stage 8 - Passion** **Run - One Republic**

When I was a young boy living in the city  
All I did was run run run run run  
Staring at the lights they look so pretty  
Momma said "son son son son son  
You're gonna grow up, you're gonna get old  
All that glitters don't turn to gold  
But until then just have your fun  
Boy, run run run run run"

Yeah, run run run  
Run run run

When I was a young kid living in the city  
All I did was pay pay pay pay pay  
And every single dime that good Lord gave me  
I could make it last 3, 4, 5 days  
Living it up but living down low  
Chasing that luck before I get old  
And looking back, oh, we had some fun  
Boy run run run run run

They tell you that the sky might fall  
They'll say that you might lose it all  
So I run until I hit that wall

Yeah I learned my lesson, count my blessings  
Look to the rising sun and run run run

Yeah, one day well the sky might fall  
Yeah, one day I could lose it all  
So I run until I hit that wall  
If I learned one lesson, count your blessings  
Look to the rising sun and run run run

Run run run

Didn't get everything that I wanted  
But I got what I need, yeah yeah  
I see that light in the morning  
Shining down on me  
So take me up high, take me down low  
Where it all ends nobody knows  
But until then let's have some fun, yeah  
Run run run run run

They tell you that the sky might fall  
They'll say that you might lose it all  
So I run until I hit that wall  
Yeah, I learned my lesson, count my blessings  
Look to the rising sun and run run run

Yeah, one day well the sky might fall  
Yeah, one day I could lose it all  
So I run until I hit that wall  
If I learned one lesson, count your blessings  
Look to the rising sun and run run run

Run run run  
Yeah  
Run run run

Yeah, I learned my lesson, count my blessings  
Look to the rising sun

Yeah, I learned my lesson, count my blessings  
Look to the rising sun

Yeah, if I learned one lesson, count your blessings  
Look to the rising sun, yeah, run run run

Writer(s): Ryan B Tedder, Tyler Spry, Brent Michael Kutzle, John Nathaniel

**Stage 9 - Repentance**  
**Repentance Song – Jermaine Edwards (repeat)**  
**(Accidental Grief Escape Hatch)**

Here I am broken, I'm feeling sad.  
How did I get here, led away by my fleshly desires?  
For God I will pray, and the time to seek your face,  
Watch my life right before my eyes drift like a ship without a sail,  
But I seek you till I found strength for my life,  
and now I feel joy, that no words can describe.

Oh Where? Where else can I go, but to you O'Lord  
I know you restore me; I can't live without you Lord.  
Won't make it on my own,  
I'm begging you Lord, please have mercy

Thank you for one more chance,  
Forgiven and now I can dance.  
With you lord I know I belong,  
yeah, that's why I'm singing this repentance song,  
Can't allow myself to let go so I close all of the doors to sin, that's warring with my  
soul.

Oh Where? Where else can I go but to you O'Lord,  
I know you restore me, I can't live without you Lord.  
Can't make it on my own,  
I'm begging you Lord, please have mercy

Sometimes it's hard, but I know you're working on me,  
On things some people can't see  
But you said you love me and you'd never leave me  
So I try, pray obey and believe, you've given me the keys  
So now i am set free, yes.

**CHOROUS**

Oh Where? Where else can I go but to you O'Lord,  
I know you restore me; I can't live without you Lord.  
Won't make it on my own,  
I'm begging you Lord, please have mercy  
Have mercy, have mercy Lord, Please have mercy Jesus,  
Mercy, Mercy.

Writer(s): Jermaine Edwards

**Stage 10 – Living (Life)**  
**My List – Toby Keith**

Under an old brass paperweight is my list of things to do today  
Go to the bank and the hardware store, put a new lock on the cellar door  
I cross 'em off as I get 'em done but when the sun is set  
There's still more than a few things left I haven't got to yet

Go for a walk, say a little prayer  
Take a deep breath of mountain air  
Put on my glove and play some catch  
It's time that I make time for that  
Wade the shore and cast a line  
Look up a long lost friend of mine  
Sit on the porch and give my girl a kiss  
Start livin', that's the next thing on my list

Wouldn't change the course of fate but cuttin' the grass just had to wait  
'Cause I've got more important things like pushin' my kid on the backyard swing  
I won't break my back for a million bucks I can't take to my grave  
So why put off for tomorrow what I could get done today

Like go for a walk, say a little prayer  
Take a deep breath of mountain air  
Put on my glove and play some catch  
It's time that I make time for that  
Wade the shore and cast a line  
Look up a long lost friend of mine  
Sit on the porch and give my girl a kiss  
Start livin', that's the next thing on my list

Raise a little hell, laugh 'til it hurts  
Put an extra five in the plate at church  
Call up my folks just to chat  
It's time that I make time for that  
Stay up late, then oversleep  
Show her what she means to me  
Catch up on all the things I've always missed  
Just start livin', that's the next thing on my list

Under an old brass paperweight  
Is my list of things to do today

Writer(s): Norman Randolph Bishop, Tim James

### **Stage 11 – Happy People - Help People** **Reach Out I'll be There – Four Tops**

Now if you feel that you can't go on (can't go on)  
Because all of your hope is gone (all your hope is gone)  
And your life is filled with much confusion (much confusion)  
Until happiness is just an illusion (happiness is just an illusion)  
And your world around is crumbling down, darlin'

(Reach out) Come on girl reach on out for me  
(Reach out) Reach out for me  
Hah, I'll be there with a love that will shelter you  
I'll be there with a love that will see you through

When you feel lost and about to give up (to give up)  
'Cause your best just ain't good enough (just ain't good enough)  
And your feel the world has grown cold (has grown cold)  
And your drifting out all on your own (drifting out on your own)  
And you need a hand to hold, darlin'

(Reach out) Come on girl, reach out for me  
(Reach out) Reach out for me  
Hah, I'll be there to love and comfort you  
And I'll be there to cherish and care for you

(I'll be there to always see you through)  
(I'll be there to love and comfort you)

I can tell the way you hang your head (hang your head)  
You're not in love now, now you're afraid (you're afraid)  
And through your tears you look around (look around)  
But there's no peace of mind to be found (no peace of mind to be found)  
I know what your thinking  
You're a loner, no love of your own, but darling

(Reach out) Come on girl reach out for me  
Reach out, just look over your shoulder  
I'll be there to give you all the love you need  
And I'll be there you can always depend on me  
I'll be there

Writer(s): Lamont Herbert Dozier, Brian Holland

### **11 Stages of Happiness Swan Song** **Happy – Pharrell Williams**

It might seem crazy what I'm about to say  
Sunshine she's here, you can take a break  
I'm a hot air balloon that could go to space  
With the air, like I don't care, baby, by the way

Uh

(Because I'm happy)  
Clap along if you feel like a room without a roof  
(Because I'm happy)  
Clap along if you feel like happiness is the truth  
(Because I'm happy)  
Clap along if you know what happiness is to you  
(Because I'm happy)  
Clap along if you feel like that's what you wanna do

Here come bad news, talking this and that (Yeah!)  
Well, give me all you got, don't hold it back (Yeah!)  
Well, I should probably warn you I'll be just fine (Yeah!)  
No offense to you

Don't waste your time, here's why

(Because I'm happy)  
Clap along if you feel like a room without a roof  
(Because I'm happy)  
Clap along if you feel like happiness is the truth  
(Because I'm happy)  
Clap along if you know what happiness is to you  
(Because I'm happy)  
Clap along if you feel like that's what you wanna do

Bring me down  
Can't nothing bring me down  
My level's too high to bring me down  
Can't nothing bring me down, I said  
Bring me down  
Can't nothing bring me down  
My level's too high to bring me down  
Can't nothing bring me down, I said

(Because I'm happy)  
Clap along if you feel like a room without a roof  
(Because I'm happy)  
Clap along if you feel like happiness is the truth  
(Because I'm happy)  
Clap along if you know what happiness is to you  
(Because I'm happy)  
Clap along if you feel like that's what you wanna do  
(Because I'm happy)  
Clap along if you feel like a room without a roof  
(Because I'm happy)  
Clap along if you feel like happiness is the truth  
(Because I'm happy)  
Clap along if you know what happiness is to you  
(Because I'm happy)  
Clap along if you feel like that's what you wanna do

Bring me down  
Can't nothing bring me down  
My level's too high to bring me down  
Can't nothing bring me down, I said

(Because I'm happy)  
Clap along if you feel like a room without a roof  
(Because I'm happy)  
Clap along if you feel like happiness is the truth  
(Because I'm happy)  
Clap along if you know what happiness is to you  
(Because I'm happy)  
Clap along if you feel like that's what you wanna do  
(Because I'm happy)  
Clap along if you feel like a room without a roof  
(Because I'm happy)



Clap along if you feel like happiness is the truth  
(Because I'm happy)  
Clap along if you know what happiness is to you  
(Because I'm happy)  
Clap along if you feel like that's what you wanna do

Writer(s): Lamont Herbert Dozier, Brian Holland