

Shontelle "Reflection"

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There's gonna be days, when I wish I was thinner,
And there's gonna be days, when I don't like my hair,
There's gonna be days, when I think I'm going nowhere,
But when I get down on myself I remember what my momma said
I can hear the words inside my head...

[Chorus]

Ya gotta walk outside put your face in the sun
Think of all the people who show you love
Remember all the wonderful things that you've done and that nothing can
change me
You're not gonna find the man of your dreams by answering a quiz in a magazine
You're better off listening to my mp3 it's beginning to save me
Ya got everything you need in your own reflection
Ya got everything you need in your own reflection...

There's gonna be days when I feel like I don't fit in, and there's gonna be days
when I don't like my clothes, and there's gonna be days when I wish I was
somebody else

But when I get down on myself I remember what my momma said
I can hear the words inside my head...

[Chorus]

Ya gotta walk outside put your face in the sun
Think of all the people who show you love
Remember all the wonderful things that you've done and that nothing can
change me
You're not gonna find the man of your dreams by answering a quiz in a magazine
You're better off listening to my mp3 it's beginning to save me
Ya got everything you need in your own reflection...
Ya got everything you need in your own reflection

[Bridge]

So turn off the TV, and put away the magazine, remember who you are now and
that life is not a movie scene, you gotta believe...

[Chorus]

Ya gotta walk outside put your face in the sun
Think of all the people who show you love
Remember all the wonderful things that you've done and that nothing can
change me
You're not gonna find the man of your dreams by answering a quiz in a magazine
You're better off listening to my mp3 it's beginning to save me
Ya got everything you need in your own reflection...

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