**[Intro] C F**

**[Verse1]**

**C F C F**

My mind takes flight and it wanders

**C F**

and it could have chosen any happy memory to land on

**Em F Em F**

but it often chooses to land on embarrassment

**Em F**

land on regret

**C** **F**

oh and maybe these are things to keep in mind for the next time

**C F**

so you can act right. You can behave differently

**[Chorus]**

**Em F**

but don't beat yourself up

**C**

don't beat yourself up

**Em F**

but don't beat yourself up

**C**

don't beat yourself up

**G F C**

That right there seems to me like a very fine place for us to start

**C G**

Be kind to others! Be kind to yourself!

**C G**

Be kind to others! Be kind to yourself!

**Am G**

Call your mothers! Be kind to yourself!

**[Verse2]**

**C F**

And so when you're walking goin out there lookin for some clarity

**C**

but you're preoccupied

**F**

Preoccupied again

**Em F**

Acknowledge the feeling

**Em F**

acknowledge the pain

**C F**

then walk away from it. Yeah walk away from it

**C**

Just put one foot down. And get yourself gone

**[Chorus]**

**Em F**

And don't beat yourself up

**C**

don't beat yourself up

**Em F**

but don't beat yourself up

**C**

don't beat yourself up

**G F C**

That right there seems to me like a very fine place for us to start

**C G**

Be kind to others! Be kind to yourself!

**C G**

Be kind to others! Be kind to yourself!

**Am G**

Hug your fathers! Be kind to yourself!

If you knew someone, if maybe one of your friends

Were to talk to you in the manner that you talk to yourself

How would you feel

Dm

And if you have a friend

G7

Who talked to you

C Bm Am

The way

G F#/D F

that you talk to yourself

G C

I think you’d punch em in the face

Em F

So don’t beat yourself up! etc