

Take a Moment, Take a Breath, Take a Look Around

Take a mom-ment take a breath take a look ar-ou-nd

Am G Em F

The first system consists of a vocal line and piano accompaniment. The vocal line is in treble clef with a key signature of one flat and a 3/4 time signature. It contains four measures of music with lyrics: "Take a mom-ment take a breath take a look ar-ou-nd". The piano accompaniment is in grand staff (treble and bass clefs) and features a steady bass line in the left hand and chords in the right hand. Chord symbols Am, G, Em, and F are placed above the right-hand staff.

5

Take a mom-ment take a breath take a look ar-ou-nd

Am G Em F

The second system is identical to the first, starting at measure 5. It includes the same vocal line and piano accompaniment with chord symbols Am, G, Em, and F.

9

Gra-ti- tude_ can you feel it_ all_ a- round Ha-ppi- ness

Am G Em F Am

The third system begins at measure 9. The vocal line continues with lyrics: "Gra-ti- tude_ can you feel it_ all_ a- round Ha-ppi- ness". The piano accompaniment is simplified, consisting of single notes in the bass line and chords in the right hand. Chord symbols Am, G, Em, F, and Am are placed above the right-hand staff.

14

well- ness_ har - mo-ny all_____ a-round Gra-ti-tude makes us

G Em F Am

18

fe-el blessed Rich Spe - cial and a - pre ci-a___ ted It makes us fe-el go-od

G Em F Am

22

A - bout ou - r selves_____ Gra-ti-tu - de helps with to_

G Em F Am

26

— ler - an - ce — and — de - crea - ses — bull - ying and it makes us sleep be - tter to —

G Em F

29

Gra - ti - tu - de helps - us sa - vor the mo - ment — And ex - per - i - en - ces

Am G Em F

33

Gra - ti - tude is a gift That — keeps on — gi - ving — To - day I'm

Am G Em

36

grate-ful for these three_ ble - ssings be - cau_ se

F Am G Em

40

Take a mom-ment take a breath take a look ar-ou-nd

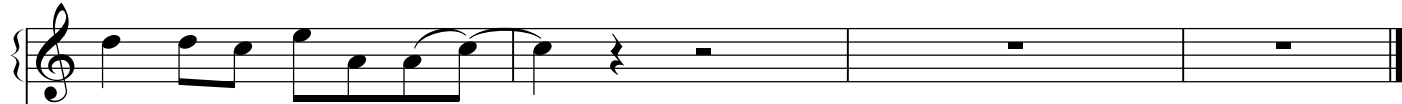
F Am G Em

44

Take a mom - ment take a

F Am

46



A single staff of music in treble clef. It begins with a melody of eighth notes: G4, A4, B4, C5, B4, A4, G4. This is followed by a quarter rest, then a half rest, and finally a whole rest.

breath take a look ar - ou - nd



Piano accompaniment consisting of two staves: treble and bass. The treble staff features chords for G, Em, F, and Am. The bass staff features a simple eighth-note bass line.

Measure	Chord	Bass Line (Notes)
1	G	G4, B3, D4
2	Em	G4, B3, D4
3	F	F4, A3, C4
4	Am	F4, A3, C4