

I used to worry, I used to fret,
I used to wake up feeling so upset.
The future did not look too bright,
but I'm startin' to see it in a different light. I see it...

**One day at a time. One day, and it's all mine.
If it's a mountain I must climb, I do it one day at a time.**

I met someone with a heavy load.
They said they had a long, long way to go.
I asked, "how do you face what lies ahead?"
They just smiled and then they said, "I face it..."

**One day at a time. One day, and it's all mine.
If it's a mountain I must climb, I do it one day at a time.**

Some days I'm up, some days I'm down.
Some days my feet stick to the ground,
But I can take these highs and lows
Now that something deep inside me knows...

**One day at a time. One day, and it's all mine.
If it's a mountain I must climb, I do it one day at a time.**

So take your dreams down from the shelf.
Be good, be kind unto yourself.
Just remember – you will find
The sun comes up one day at a time.

**One day at a time. One day, and it's all mine.
If it's a mountain I must climb, I do it one day at a time.**

*Sometimes it's one hour, one minute, one step,
one breath at a time,...*