

One Day at a Time

Bill Thomas, Noel Paul Stooke, & Paul G. Hill (1999)

D
I used to worry, I used to fret,
Em D
I used to wake up feeling so upset.

The future did not look too bright
Em D
but I'm startin' to see it in a different light. I see it...

Em D
One day at a time. One day, and it's all mine.
Em D
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..."

(Chorus)

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...

(Chorus)

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.

(Chorus)

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