

"You're Worth It"

Recorded by: *U.S. Army Field Band*

Lead Vocalist: *SFC Kyra Dorn*

Written by: *SFC Todd Freeman*

Genre: *Contemporary R&B*

Description: A heartfelt message of reassurance and encouragement to remind listeners of their intrinsic value, especially during moments of emotional struggle. It reinforces the idea that everyone's life holds meaning, even when they feel unseen or broken.

Key themes: *Self-worth, peer connection, self-isolation, warning signs*

Verse 1

*Hey, my friend, I see the pain you hide,
Behind those eyes, there's a storm inside,
But don't you dare believe that you're alone,
You're worth so much more than you've ever known.*

Chorus

*You're worth it, every single fight,
You're worth it, every sleepless night,
You're worth it, I need you to see,
You're worth it, you mean the world to me.*

Verse 2

*I know it's hard, the weight you bear,
But there's so much love, so many who care,
Reach out your hand, don't face this on your own,
We'll find the strength, you're not made of stone.*

Chorus

*You're worth it, every single fight,
You're worth it, every sleepless night,
You're worth it, I need you to see,
You're worth it, you mean the world to me.*

Bridge

*When the darkness calls, and you feel so small,
Remember my words, you're worth it all,
Lean into the love, let the light break through,
You're worth every breath, and I believe in you.*

Chorus

*You're worth it, every single fight,
You're worth it, every sleepless night,
You're worth it, I need you to see,
You're worth it, you mean the world to me.*

Outro

*You're worth it, every tear you've cried,
You're worth it, and I'll stay by your side,
You're worth it, you're stronger than you know,
You're worth it, let your true self show.*