

SHAKE IT OFF

Rewrite The Verses & Chorus

EXAMPLE VERSE

Someone cut me in the line

For the 27th time

But I will be just fine

I will be just fine



End with words that rhyme with your positive affirmation statement



End with your positive affirmation. Repeat it twice.

VERSE 1

PRE-CHORUS

But I keep cruising, can't stop won't stop moving

It's like I've got this music, in my mind saying, "It's gonna be alright!"

CHORUS

Cause _____

And _____

I'm just gonna shake, shake, shake, shake, shake

End each line with words that rhyme with shake

Shake it off, shake it off

And _____

And _____

I'm just gonna shake, shake, shake, shake, shake

Shake it off, shake it off

VERSE 2

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EXAMPLE
POSITIVE
AFFIRMATIONS

- I will be just **fine**
- I will be **okay**
- I'm just gonna **breathe**
- I will just **relax**
- It will all work **out**
- I'll just take a **break**
- I'll keep myself **calm**
- Slow and steady I will **go**
- Take a break & calm **down**