

# You Are Enough

## Third movement from the suite

### “You Are Enough: A Mental Health Suite”

Words by  
**RACHEL GRIFFIN,**  
inspired by  
**SIERRA BOGGESS**

For SATB with Piano\*

Duration: ca. 3:10

Music by  
**ARON ACCURSO**

Steadily ♩ = ca. 98

**Piano** *mp*

The musical score is written for Piano, Soprano, and Bass. The Piano part is in 4/4 time, marked 'Steadily ♩ = ca. 98' and 'mp'. It features a continuous eighth-note accompaniment in the right hand and rests in the left hand. The Soprano part begins at measure 3, marked 'mp' and 'with Pedal'. The lyrics are: 'You've car - ried words that aren't true so long; the la -'. The Bass part begins at measure 7, marked 'mp'. The lyrics are: 'bles they put on you. You've got - ten lost in these storms of thoughts, and for - got -'. The piano accompaniment continues throughout, with some changes in the left hand at measures 5 and 7.

3 **Soprano** *mp* *with Pedal*

You've car - ried words that aren't true so long; the la -

5

- bles they put on you.

7 **Bass** *mp*

You've got - ten lost in these storms of thoughts, and for - got -

\*[www.halleonard.com/choral](http://www.halleonard.com/choral)

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ten the way \_\_\_\_ to break through. \_\_\_\_

Musical score for measures 9-10. The vocal line (bass clef) has a melodic line with a fermata on the final note. The piano accompaniment (treble and bass clefs) features a steady eighth-note pattern in the right hand and a block-chord pattern in the left hand.

11 Women *mf*  
E - rase them one by one, \_\_\_\_ you're not who they de - cide. \_\_\_\_

Men *mf*  
E - rase them one by one, \_\_\_\_ you're not who they de - cide. \_\_\_\_

Musical score for measures 11-12. The vocal lines for Women and Men are in treble clef with a melodic line and a fermata. The piano accompaniment (treble and bass clefs) features a steady eighth-note pattern in the right hand and a block-chord pattern in the left hand.

13

Musical score for measures 13-14. The vocal lines (treble clef) are silent. The piano accompaniment (treble and bass clefs) features a melodic line in the right hand and a block-chord pattern in the left hand.

YOU ARE SO ENOUGH – SATB

15 **Soprano *mp***

You are e-nough.\_\_\_\_ You're so e-nough..

**Alto *mp***

You are e-nough.\_\_\_\_ You're so e-nough..

**Tenor *mp***

You...\_\_\_\_ you are e-nough. You're so e-nough..

**Bass *mp***

You...\_\_\_\_ you are e-nough. You're so e-nough..

*mp*

18

\_\_\_\_ It's un-be-liev-a-ble\_\_\_\_ how e-nough you are,

\_\_\_\_ It's un-be-liev-a-ble\_\_\_\_ how e-nough you are,

\_\_\_\_ It's un-be-liev-a-ble\_\_\_\_ how e-nough you are,~

\_\_\_\_ It's un-be-liev-a-ble\_\_\_\_ how e-nough you are,~

YOU ARE SO ENOUGH – SATB

you are e-nough, \_ you are e-nough, you are e-nough..

you are e-nough, \_ you are e-nough, you are e-nough..

you are e-nough, \_ you are e-nough..

you are e-nough, \_ you are e-nough..

*mf dim.* *mp*

*mf dim.* *mf*

*mf dim.* *mp*

*mf dim.* *mp*

Oo\_

Oo\_

Oo\_

*mf dim.* *mp*

YOU ARE SO ENOUGH – SATB

26 *mf* S1 oo

*mf* S2

they're wrong, you are up to you.

so far, they're wrong, you are up to you.

oo oo oo

With growing confidence ♩ = ca. 101

29 Soprano *mf*

You've gone a - drift in a sea of doubt and for - got

*mf*

You've gone a - drift in a sea of doubt and for - got

*mf*

You've gone a - drift in a sea of doubt and for - got

*mf*

You've gone a - drift in a sea of doubt and for - got

With growing confidence ♩ = ca. 101

*mf*

YOU ARE SO ENOUGH - SATB

31

ten the love that you knew.

ten the love that you knew.

ten the love that you knew.

ten the love that you knew.

33

*mf* Write your life in bold, there's no reason to hide,

*mf* Write your life in bold, there's no reason to hide,

*mf* Write your life in bold, there's no reason to hide,

*mf* Write your life in bold, there's no reason to hide,

YOU ARE SO ENOUGH – SATB

35 *mp cresc.*

no \_\_\_\_\_ rea - son to hide.

*sub. mp cresc.*

\_\_\_\_\_ no rea - son to hide. \_\_\_\_\_

*mp cresc.*

to hide. \_\_\_\_\_

*sub. mp cresc.*

\_\_\_\_\_ no rea - son to hide. \_\_\_\_\_

*mp cresc.*

37 *mf*

You... \_\_\_\_\_ you are e-nough. You're so e-nough..

*mf*

You are e-nough. \_\_\_\_\_ You're so e-nough..

*mf*

You... \_\_\_\_\_ you are e-nough. You're so e-nough..

*mf*

You are e-nough. \_\_\_\_\_ You're so e-nough..

YOU ARE SO ENOUGH – SATB

It's un-be-liev-a-ble how e-nough you are, \_

It's un-be-liev-a-ble how e-nough you are, \_

It's un-be-liev-a-ble how e-nough you are, \_

It's un-be-liev-a-ble how e-nough you are, \_

*mp poco accel.*

you are e-nough, \_ you are e-nough. \_

*mp poco accel.*

you are e-nough, \_ you are e-nough. \_

*mp poco accel.*

you are e-nough. \_

*mp poco accel.* *cresc.*



With strength ♩ = ca. 103

45 *f*

Let the light. Oo

Let the light come in and find a home in

Let the light

8 *f*

Let the light come in and find a home in

*f*

Let the light.

With strength ♩ = ca. 103

*sfz sub. mp* *mf* *f*

48 *mp cresc.*

Let the light

*mp cresc.*

you. you.

*mf* Hah

*mf*

*mp cresc.*

Let the light

*mp cresc.*

Hah

Let the light

*sub. mp cresc.*

YOU ARE SO ENOUGH – SATB

50

*f*

mul - ti - ply \_\_\_\_\_ with ev - 'ry - thing you do.

*f*

mul - ti - ply \_\_\_\_\_ with ev - 'ry - thing you do.

*f*

mul - ti - ply \_\_\_\_\_ with ev - 'ry - thing you do. \_\_\_\_\_

*f*

mul - ti - ply \_\_\_\_\_ with ev - 'ry - thing you do. \_\_\_\_\_

*f*

*f*

52

*mp* *cresc.* *mf*

You are e-nough, \_\_\_\_\_ you are e-nough, you are e-nough.

*mp* *cresc.* *mf*

You are e-nough, \_\_\_\_\_ you are e-nough, you are e-nough.

*mp* *mf*

You are e-nough, \_\_\_\_\_ you are e-nough.

*mp* *mf*

You are e-nough, \_\_\_\_\_ you are e-nough. \_\_\_\_\_

*mp*

YOU ARE SO ENOUGH – SATB

54 \*

E-nough! \_\_\_\_\_

E-nough! \_\_\_\_\_

E-nough! \_\_\_\_\_

*f cantabile*

57

It's un - be - liev - a - ble \_\_\_\_\_

It's un - be - liev - a - ble \_\_\_\_\_

It's un - be - liev - a - ble \_\_\_\_\_

It's un - be - liev - a - ble \_\_\_\_\_

YOU ARE SO ENOUGH – SATB

59 **Soprano 1**

**Soprano 2**

**Alto**

**Tenor**

**Bass**

how e - nough you are. You are e-nough, \_

how e - nough you are. You are e - nough. \_

how e - nough you are. You are e - nough, you are e-nough,

*mf cresc. poco a poco*

61

you are e-nough. you are e-nough.

You are e-nough. You're so e-nough.

You're so e-nough.

You're so e-nough.

you are e-nough, you are e-nough. You are e-nough, you are e-nough,

YOU ARE SO ENOUGH – SATB

## 63 Soprano

It's un - be - liev - a - ble\_\_\_\_

Alto

It's un - be - liev - a - ble\_\_\_\_

Tenor

It's un - be - liev - a - ble\_\_\_\_

Bass

It's un - be - liev - a - ble\_\_\_\_

you are e-nough. It's un - be - liev - a - ble\_\_\_\_

*f*

65 *sub. mp* *mf* *cresc.*

how e - nough you are,\_\_\_\_

you are,\_\_\_\_

*sub. mp*

*mf cresc.*

how e - nough you are,\_\_\_\_

you are,\_\_\_\_

*sub. mp*

*cresc.*

how e - nough you are,\_\_\_\_ you are,\_\_\_\_

*sub. mp cresc.*

how e - nough you are,\_\_\_\_

*sub. mp cresc.*

YOU ARE SO ENOUGH – SATB

68 *f*

you are, \_\_\_\_\_ you are \_\_\_\_\_

you are, \_\_\_\_\_ you are \_\_\_\_\_

you are, \_\_\_\_\_ you are \_\_\_\_\_

you are, \_\_\_\_\_ you are \_\_\_\_\_

*f*

71 *cresc.* *ff*

e - nough!

*cresc.* *ff*

e - nough!

*cresc.* *ff*

e - nough!

*cresc.* *ff*

e - nough!

*cresc.* *ff* *sfz*

*8vb*

YOU ARE SO ENOUGH – SATB

## NOTES FROM THE COMPOSER

You are good enough as you are.

One in five U.S. adults experience mental illness, and we all have negative thoughts that creep into our consciousness from time to time. Sometimes those thoughts overwhelm us like a storm.

My fervent hope is that - *You Are Enough* - will make conversations about mental health occur more easily, help people feel less alone, and know that they are loved and supported, know that they are enough no matter what they are struggling with.

If you are having a hard time, please reach out and get help. You deserve it and you can get well again.

You are brave.  
You are worthy.  
You are strong.  
You are loved.  
You're ok.

You are enough!

Performance Suggestions—Visual Options—for this stand alone movement

During this movement, the choir could walk off the risers and fill the stage as they sing Let the light... in measure 45 and beyond. Members of the choir can hold up a board or colored paper with the word ENOUGH!.

—Aron Accurso

## TEXT

*You've carried words that aren't true so long:  
The labels they put on you.*

*You've gotten lost in these storms of thoughts,  
And forgotten the way to break through.  
Erase them one by one, you're not who they decide.*

*You are enough. You're so enough.  
It's unbelievable how enough you are.*

*You've let them write who you are, so far,  
They're wrong, you are up to you.  
You've gone adrift in a sea of doubt  
And forgotten the love that you knew.  
Write your life in bold, there's no reason to hide.*

*You are enough. You're so enough.  
It's unbelievable how enough you are.*

*Let the light come in and find a home in you.  
Let the light multiply with everthing you do.*

*You are enough. You're so enough.  
It's unbelievable how enough you are.*

*You are,  
You are!  
You are enough!*

Scan this QR code to  
find additional content  
and information related  
to this music



Suicide prevention hotline: 800-273-8255

### Also available:

TTBB "You Are Enough: A Mental Health Suite" 00338301

SATB "You Are Enough: A Mental Health Suite" 00390852