

Q&A with Simone G on the Courage to Be You

Courage to Be You is a song by Simone G about overcoming our struggles through courage so we can share our impact and love. It was written with and performed by Christina Wells of America's Got Talent.

What was your inspiration behind writing Courage to Be You?

The inspiration for Courage to Be You was the life lesson I learned in caregiving for my father. That all that matters in the end is the impact we have and the love we share.

What's it like working with Christina Wells?

Simply amazing! Christina is not only a very powerful, inspirational singer, but she is also an amazing person. Her message of loving and accepting yourself resonates deeply and it was her artistic genius that brought my message to life!

How would you describe your father?

My father was intelligent, kind, gentle, generous, and understanding. He loved to learn and certainly had a sense of humor!

He had a quiet way of sharing his gifts. As he aged, he lived to share his love and to be there for my mom and our family. And he did so in such an authentic way. At the time of his passing, he had 14 grandchildren and 17 great-grandchildren, and he had a unique relationship with every one of them. To me, this is how you share love. It instilled in me the awareness that the more you share your love, the more you have to share. That is an important lesson I hope everyone takes away.

Another important lesson I learned was in witnessing how he handled a lifetime of serious illnesses. He never once complained. No doubt, my father was instrumental in my teaching that you are more than your health. Your illnesses do not define you, and in accepting your health challenges, you can live in peace and joy alongside your challenges. This is a lesson that is applicable to all challenges in life.

What song did your dad sing to you?

You are my sunshine! And that is why my logo is loosely based on the sunflower. Sunflowers represent warmth, happiness, growth, and even life. For me, they also represent compassion, healing and hope.

Q&A with Simone G on the Courage to Be You (cont.)

How does the song reflect your life?

The song mirrors my life in so many ways. I spent years trying to hide my illnesses and injuries and it wasn't working for me. To overcome our challenges, we have to first acknowledge and accept them. When we deny our challenges, they have power over us. When we instead embrace them, we change our relationship with them and our challenges can become the source of compassion and healing.

What are the 3 key messages in the song?

Courage. It takes courage to drop the mask, let go of the stigma, and learn to love yourself.

Impact. You do have an impact, and every thoughtful or kind act, no matter how big or small, has a ripple effect.

Love. At the heart of love is acceptance. Acceptance of yourself, others, and humanity at large. This is a starting point for sharing love without bounds.

What do you hope people will say when you die?

My hope is that the first thing people will think is *“She lived a life of love. She shared her gifts to serve others. And she did so in her own, unique way.”*

What do you think the world needs more of right now?

Right now, we all need more kindness, more compassion, more joy, and more acceptance. We can support this by being true to ourselves.

What is another way to talk about the message of the song?

We all have an impact. The kind of impact we have depends on what we are putting out. When we share love, kindness, compassion, joy, and equanimity, we give to the world. We give to others. But to fully share your love and kindness, you have to first love, accept and heal yourself.

What would you hope individuals ask themselves?

I hope everyone listening to this song will take a moment and ponder, *“How can I use my energy and gifts at this time to make a difference? How can I make space for joy?”*

What did it feel like the first time anyone else listened to the song?

Vulnerable. Very vulnerable.