

# Me

(re:Affirmation)

Randall D. Standridge  
(ASCAP)

Instruments in B $\flat$  (high)

(Part of "The unBroken Project", a music initiative about mental health)

Dear Conductor and Performer, every day when you sit down to work on this piece, promise me that you will do this one thing:  
Please say something positive about yourself and this ensemble. You are important, you are worthy, and you are enough. Peace Love and Music - Randy Standy

**With pride**  $\text{♩} = 100$  5

**mf**

8 13 **rit.** 23 **a tempo** **accel.**

12 **9** **2** **2**

13-21 23-24 25-26

27 **Slightly Faster**  $\text{♩} = 108$  35 **rit.** 43 **a tempo**

**8** **6** **2** **4**

27-34 35-40 41-42 43-46

47 **7** **accel.** **With determination**  $\text{♩} = 116$  **rit.** **With pride**  $\text{♩} = 100$

54 **6** 61 62

47-53 55-60

**rit.** **4** **Peaceful**  $\text{♩} = 100$

63 67 68 69 70

63-66 **mp** **mp**

**rit.** **All**

71 72 73 74

**pp**

# Me

(re:Affirmation)

Randall D. Standridge  
(ASCAP)

Instruments in B $\flat$  (low)

(Part of "The unBroken Project", a music initiative about mental health)

Dear Conductor and Performer, every day when you sit down to work on this piece, promise me that you will do this one thing:  
Please say something positive about yourself and this ensemble. You are important, you are worthy, and you are enough. Peace Love and Music - Randy Standy

**With pride**  $\text{♩} = 100$  5 Solo (opt.)

4 5 6 7

8 9 10 11

13 *rit.* 23 *a tempo* *accel.*

12 13-21 22 23-24 25 25-26

27 **Slightly Faster**  $\text{♩} = 108$  35 *rit.* 43 *a tempo*

27-34 35-40 41 41-42 43-46

47 *accel.* **With determination**  $\text{♩} = 116$  *rit.* **With pride**  $\text{♩} = 100$

47-53 54 55 61 62

*rit.* **Peaceful**  $\text{♩} = 100$

63 63-66 67 68 69 70 71 72 73 74

*mp* *mp* *pp*

# Me

(re:Affirmation)

Randall D. Standridge  
(ASCAP)

Instruments in C (B.C., High)

(Part of "The unBroken Project", a music initiative about mental health)

Dear Conductor and Performer, every day when you sit down to work on this piece, promise me that you will do this one thing:  
Please say something positive about yourself and this ensemble. You are important, you are worthy, and you are enough. Peace Love and Music - Randy Standy

With pride ♩=100 5 Solo (opt.)

Musical notation for measures 4-11. Measure 4 is a whole note. Measures 5-7 and 8-11 are eighth notes with slurs. Dynamics include *mf*.

Musical notation for measures 12-26. Measures 12-21 are whole notes. Measures 22-24 and 25-26 are half notes. Dynamics include *rit.*, *a tempo*, and *accel.*

Musical notation for measures 27-46. Measures 27-34 are whole notes. Measures 35-40 and 41-42 are half notes. Measure 43-46 are quarter notes. Dynamics include *rit.* and *a tempo*.

Musical notation for measures 47-62. Measures 47-53 are whole notes. Measures 54-60 are half notes. Measures 61-62 are quarter notes. Dynamics include *accel.*, *With determination* ♩=116, *rit.*, and *With pride* ♩=100.

Musical notation for measures 63-70. Measures 63-66 are whole notes. Measures 67-69 are half notes. Measure 70 is a quarter note. Dynamics include *rit.*, *Solo (opt.)*, *Peaceful* ♩=100, and *mp*.

Musical notation for measures 71-74. Measures 71-73 are eighth notes with slurs. Measure 74 is a whole note. Dynamics include *rit.* and *All pp*.

# Me

(re:Affirmation)

Randall D. Standridge  
(ASCAP)

Instruments in C (B.C., Low)

(Part of "The unBroken Project", a music initiative about mental health)

Dear Conductor and Performer, every day when you sit down to work on this piece, promise me that you will do this one thing:  
Please say something positive about yourself and this ensemble. You are important, you are worthy, and you are enough. Peace Love and Music - Randy Standy

**With pride** ♩=100 5

*mf* Solo (opt.)

4 6 7

8 9 10 11

13 *rit.* 23 *a tempo* *accel.*

12 9 22 2 25 2

13-21 23-24 25-26

27 **Slightly Faster** ♩=108 35 *rit.* 43 *a tempo*

8 6 41 2 4

27-34 35-40 41-42 43-46

47 *accel.* **With determination** ♩=116 *rit.* **With pride** ♩=100

7 54 55 6 61 62

47-53 55-60

*rit.* **Peaceful** ♩=100

63 4 67 Solo (opt.) 69 70

63-66 *mp* *mp*

71 72 *rit.* 73 74 All *pp*

# Me

(re:Affirmation)

Randall D. Standridge  
(ASCAP)

Instruments in C

(Part of "The unBroken Project", a music initiative about mental health)

Dear Conductor and Performer, every day when you sit down to work on this piece, promise me that you will do this one thing:  
Please say something positive about yourself and this ensemble. You are important, you are worthy, and you are enough. Peace Love and Music - Randy Standy

With pride ♩=100 5 Solo (opt.)

Musical notation for measures 4-7. Measure 4 is a whole rest. Measures 5-7 contain a melodic line starting on G4, moving up stepwise to B4, then down to A4, G4, F4, E4, and D4. Dynamics include *mf*.

Musical notation for measures 8-11. Measures 8-11 continue the melodic line from the previous system, ending on D4.

Musical notation for measures 12-26. Measures 12-21 are whole rests. Measures 22-24 are whole rests. Measures 25-26 are whole rests. Dynamics include *rit.*, *a tempo*, and *accel.*

Musical notation for measures 27-46. Measures 27-34 are whole rests. Measures 35-40 are whole rests. Measures 41-42 are whole rests. Measures 43-46 are whole rests. Dynamics include *rit.* and *a tempo*.

Musical notation for measures 47-60. Measures 47-53 are whole rests. Measures 54-60 are whole rests. Dynamics include *accel.*, *With determination* ♩=116, *rit.*, and *With pride* ♩=100.

Musical notation for measures 63-70. Measures 63-66 are whole rests. Measures 67-70 contain a melodic line starting on G4, moving up stepwise to B4, then down to A4, G4, F4, and E4. Dynamics include *rit.*, *Solo (opt.)*, *Peaceful* ♩=100, and *mp*.

Musical notation for measures 71-74. Measures 71-73 contain a melodic line starting on G4, moving up stepwise to B4, then down to A4, G4, F4, and E4. Measure 74 is a whole rest. Dynamics include *rit.* and *All pp*.

# Me

(re:Affirmation)

Randall D. Standridge  
(ASCAP)

Instruments in E $\flat$

(Part of "The unBroken Project", a music initiative about mental health)

Dear Conductor and Performer, every day when you sit down to work on this piece, promise me that you will do this one thing:  
Please say something positive about yourself and this ensemble. You are important, you are worthy, and you are enough. Peace Love and Music - Randy Standy

**With pride**  $\text{♩}=100$  5 Solo (opt.)

4 5 6 7

*mf*

8 9 10 11

13 *rit.* 23 *a tempo* *accel.*

12 13-21 22 23-24 25 26

*mf*

27 **Slightly Faster**  $\text{♩}=108$  35 *rit.* 43 *a tempo*

27-34 35-40 41-42 43-46

*mf*

47 *accel.* **With determination**  $\text{♩}=116$  *rit.* **With pride**  $\text{♩}=100$

47-53 54 55 55-60 61 62

*mf*

*rit.* **Peaceful**  $\text{♩}=100$  Solo (opt.)

63 63-66 67 68 69 70

*mp*

*rit.* **All** *pp*

71 72 73 74

*pp*

# Me

(re:Affirmation)

Randall D. Standridge  
(ASCAP)

Instruments in F

(Part of "The unBroken Project", a music initiative about mental health)

Dear Conductor and Performer, every day when you sit down to work on this piece, promise me that you will do this one thing:  
Please say something positive about yourself and this ensemble. You are important, you are worthy, and you are enough. Peace Love and Music - Randy Standy

**With pride** ♩=100 5 Solo (opt.)

The musical score is written for a single instrument in F major, 4/4 time. It consists of several systems of music. The first system (measures 4-7) is marked *mf*. The second system (measures 8-11) continues the melody. The third system (measures 12-26) includes a 9-measure rest (measures 13-21) and a 2-measure rest (measures 23-24), with markings for *rit.*, *a tempo*, and *accel.*. The fourth system (measures 27-46) is marked **Slightly Faster** ♩=108 and includes a 6-measure rest (measures 35-40) and a 4-measure rest (measures 43-46), with markings for *rit.* and *a tempo*. The fifth system (measures 47-62) is marked **With determination** ♩=116 and includes a 7-measure rest (measures 47-53) and a 6-measure rest (measures 55-60), with markings for *accel.* and *rit.*. The sixth system (measures 63-70) is marked **Peaceful** ♩=100 and includes a 4-measure rest (measures 63-66) and a *Solo (opt.)* section. The seventh system (measures 71-74) concludes with a *rit.* marking and a *All* dynamic marking.