Sometimes we all get down
Looking for something profound
But it's never what it seems
Always something in between
Wishes and Thoughts
Haves and Have-Nots
Things could be worse
But they could be better
First things first
Always remember to

Keep your head up
Don't let them slow you down
Because they'll play you for a fool
While they're pushing you around
Just keep your head up
Don't let them pull you down
Cause you're getting what you want
With the answers that you've found

Sometimes we can't go back
To the place where we got off track
And it's never quite enough
Always stuck here thinking of
Hopes and Regrets
Love and Neglect
Things could be worse
But they could be better
First things first
Always remember to...

Keep your head up
Don't let them slow you down
Because they'll play you for a fool
While they're pushing you around
Just keep your head up
Don't let them pull you down
Cause you're getting what you want
With the answers that you've found

So it goes
Ebb and flow
These seeds we sow
Will someday grow...

Just keep your head up
Don't let them slow you down
Because they'll play you for a fool
While they're pushing you around
Just keep your head up
Don't let them pull you down
Cause you're getting what you want
With the answers that you've found

Just keep your head up
Just keep your head up
You're getting what you want

With the answers that you've found