Don't step the days of your life on a treadmill Walk each day but cover no new ground There's something more ahead

Exercise the freedom to explore just who you are But don't abuse that right It'll drain you of your life

From ahead look behind In the nick of time You can mediate demise In the nick of time

Remembering your friends who once occupied your time The simpler things in life
Isn't it a shame that you've lost just what you had
No regrets but lessons that live on inside your mind

From ahead look behind
In the nick of time
You can mediate demise
In the nick of time
Turn to yourself
In the nick of time
You can rely on no one else

In the nick of time