Some people talk, some people act
They criticize, but don't react
They wind you up, they put you down
Hold your head up, with your feet on the ground

If you want to keep yourself alive You'd better use all your instinct to survive

Sometimes we laugh, sometimes we cry
We get down low, we get up high
We don't expect, no easy ride
This water's muddy, this water's deep and it's wide

If you want to keep yourself alive You'd better use all your instinct to survive

Don't it sometimes feel like someone's telling you lies Winding you up with them false alibis
No use you believing everything that people say
You got to keep on moving, whatever comes your way

Another day, another year Another good time, and one more tear We climb the mountain, we reach the top We keep on running, and we run til' we drop

If you want to keep yourself alive You'd better use all your instinct to survive If you want to keep yourself alive You'd better use all your instinct to survive