

If you got a dream, go chase it
If you got a fear, then face it
Got a lot of life, don't waste it
Sitting on your hands
While the sky is falling
Every single day that's dawning
Is another perfect morning
Got a lot to do, stop yawning
Listen up, the world is calling
You know you want to make a difference
Break the silence
On your feet

People get up
If you wanna be lifted up
If you wanna be looking up
Do you wanna be ready
To take a stand, put your hand up
If you wanna be waken up
Do you wanna be shaken up If you wanna be right on the money
Everybody get up

Every little thing you're doing
Every little plan you're brewing
Everything you're going through
Gonna make you stronger
Just remember
If you ever trip and stumble
If you ever roll and tumble
If you ever fall and fumble
Dust it off, and get back into the moment
And make a difference
Break the silence
On your feet

When you're feeling down
Take a look around
Put your hands up, Put your hands up
When you're feeling low
All you need to know
Put your hands up, Put your hands up
Whatcha goin' through, Whatcha gonna do
Put your hands up, Put your hands up
So if you've got the faith
Let me hear you say
Na Na Na