Layin' low, rest and pause Sleeping long, slow motion Gonna do, shoulda, coulda Woulda done, excuses

What are you afraid of?
Don't you know what you're made of?
One of God's greatest creations
Take this invitation now

Get up, 'cause you can't stop Get up, got a lot to do 24 hours, almost gone

Get up, don't sit back
Get up, if you wanna get there
Clocks don't stop and time won't wait

He said, she said They said, what do you say? It's your dreams, your choice Your time, your life So don't you, don't you miss it

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Welcome to the rest of your life From now on, just try To live more, want more, work a little harder Dance more, laugh more, be a little smarter Hug a little longer, love a little stronger You've been down but now it's time to

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One more time, say

Get up, get up, get up

Get up, get up, get up

Get up, get up