```
Hey you,
You are what you eat my friend.
You are what you say.
Defined by the things you take in each day.
And I know it's harder now,
To choose the right way out,
And we say, live for today and not next week.
Before it comes too soon, one of these days.
Could you ever, could you ever really see,
Could you ever, could you be who you really need to be.
Could you ever just understand the meaning of?
Could you ever, could you ever now?
Could you ever now?
Moving along,
thinking about tomorrow seems like yesterdays games,
We can't carry on,
doing the same old things again.
And we try harder now,
To choose the right way out.
And we say, live for today and not next week.
Before it comes too soon, one of these days.
Just one time before I fall,
Just one time before I call.
Just one time before I fall,
Just one time before I call.
```