So your back's backed up against the wall And the bandwagon's fallen right off And you're hearing all the talk about "Maybe you should think about whatcha gonna do if it don't work out" It ain't about if it makes sense 'Cause if the boot do, it don't fit As far as I can see, there ain't no way to be somebody if you'r e just gon' quit So if you got a fire, don't lose it If you got a do-or-die dream, do it If you got something to prove, go on 'n' prove it Don't let nobody clip your wings Keep your head down, keep on the blinders Tune out the doubters and all the closed-minders If it's in your blood, falling down ain't enough to change who you were born to be And gettin' back up, that's the only backup plan you need Well, life's got a lotta sticks 'n' stones And a blade that'll cut you to the bone But if you're doing what you love and it kills you Well, you can live with that all day long So if you got a fire, don't lose it If you got a do-or-die dream, do it If you got something to prove, go on 'n' prove it Don't let nobody clip your wings Keep your head down, keep on the blinders Tune out the doubters and all the closed-minders If it's in your blood, falling down ain't enough to change who you were born to be Gettin' back up, that's the only backup plan you need So if you got a fire, don't lose it If you got a do-or-die dream, do it If you got something to prove, go on 'n' prove it Don't let nobody clip your wings Keep your head down, keep on the blinders Tune out the doubters and all the closed-minders If it's in your blood, falling down ain't enough to change who you were born to be And gettin' back up, that's the only backup plan you need

Yeah, gettin' back up, that's the only backup plan you need