

Up Again

Dan Bremnes

The other day, I was thinking to myself
Made a list of all my mistakes
Oh, I wish I could've run to you
And tell you all about my heartbreak
And I wondered to myself "Wait a minute
Am I even on the right path now?"
Had a couple wins, but I got knocked down
But I know if you were still around, you would say

Sometimes you lose, sometimes you win
You gotta get up, up again
Keep holding on, it's not the end

You gotta get up, up again
You can get up, up again
You can get up, up again

And I guess not every little thing
Works out just the way you dreamed
You can take a couple wrong turns
Still end up where you're supposed to be
And even though in a moment
I know anything can change
You're perfect plans might fall apart
But the simple truth remains

Sometimes you lose, sometimes you win
You gotta get up, up again
Keep holding on, it's not the end

You gotta get up, up again
You, you can get up, up again
You can get up, up again
You, you can get up, up again
You can get up, up again

'Cause you've only got one life
And you don't know when it ends
You've only got one heart
So get out there and live
Yeah, you've only got one life
Don't let it get away
Everyone falls down
But you can get up, up again

You, you can get up, up again
You can get up, up again

And I guess not every little thing
Works out just the way you dreamed
You can take a couple wrong turns
Still end up where you're supposed to be