I woke up today with a headache
More bills to pay than a corporation
Hey when will it end?
My mirror says I could use a break
An easy day, some appreciation
Hey how 'bout a friend?

When days like these start to fall in on me I gotta face my reflection and say Hey, hey

Been burned by the fire Been stuck under water Strung up on the wire and still the world goes around

Been tossed like a free throw Knocked out when the wind blows Pull the curtain on the hurtin' 'cause I'm not going down

I'm not going down

Inside of me is the only
Highway that leads
To a true freedom
Holdin' out it's hand.
(Holdin' out it's hand)
I close my eyes and it's all right
The sun will shine on a new horizon
Just around the bend
(Just around the bend)

Days like these bring out the strength in me So I can face my reflection and say

Hey, hey, hey

I still get
Dizzy and frantic
Lonely and paniced
But next time I won't let it beat me
No
I can see clearly
I know who I am
That's how I know I've began
Livin'