

Ups & Downs  
It all keeps piling up  
Looking over the edge  
Almost ready to jump  
I'm feeling so numb  
The green's burning slow  
I'll put it off 'til tomorrow  
Sand flows through the hourglass  
Wake up  
Stuck in neutral, burning gas  
Wake up  
Hit a wall, no motherf\*cking airbags  
Hang tight, this will be the year  
Maybe this will be the year that I'll finally figure it out  
Maybe I can finally face the fear that's kept me down  
Maybe this will be the year that I'll finally turn it around  
Stop getting in my own way  
All excuses, no solutions  
Can't swallow the truth and I'm freaking out  
I'm a nervous wreck  
I feel the noose around my neck  
Sand flows through the hourglass  
Wake up  
Stuck in neutral, burning gas  
Wake up  
Hit the breaks, it all stops here  
Move on, this will be the...  
Time to take charge  
Let's make it clear  
Move on, this will be the year  
Maybe this will be the year that I'll finally figure it out  
Maybe I can finally face the fear that's kept me down  
Maybe this will be the year that I'll finally turn it around  
Stop getting in my own way now