

If you got a dream, go chase it  
If you got a fear, then face it  
Got a lot of life, don't waste it  
Sitting on your hands  
While the sky is falling  
Every single day that's dawning  
Is another perfect morning  
Got a lot to do, stop yawning  
Listen up, the world is calling  
You know you want to make a difference  
Break the silence  
On your feet

People get up  
If you wanna be lifted up  
If you wanna be looking up  
Do you wanna be ready  
To take a stand, put your hand up  
If you wanna be waken up  
Do you wanna be shaken up If you wanna be right on the money  
Everybody get up

Every little thing you're doing  
Every little plan you're brewing  
Everything you're going through  
Gonna make you stronger  
Just remember  
If you ever trip and stumble  
If you ever roll and tumble  
If you ever fall and fumble  
Dust it off, and get back into the moment  
And make a difference  
Break the silence  
On your feet

When you're feeling down  
Take a look around  
Put your hands up, Put your hands up  
When you're feeling low  
All you need to know  
Put your hands up, Put your hands up  
Whatcha goin' through, Whatcha gonna do  
Put your hands up, Put your hands up  
So if you've got the faith  
Let me hear you say  
Na Na Na