Take all my vicious words
And turn them into something good
Take all my preconceptions
And let the truth be understood
Take all my prized possessions
Leave only what I need
Take all my pieces of doubt
And let me be whats underneath

Courage is
When you're afraid
But you keep on moving anyway
Courage is
When you're in pain
But you keep on living anyway

We all have excuses why
Living in fear something in us dies
Like a bird with broken wings
It's not how high he flies,
But the song he sings

Courage is
When you're afraid but you keep on moving anyway
Courage is
When you're in pain
But you keep on livin anyway
You keep on living anyway

It's not how many times we've been down
It's how many times
You get back up

Courage is
When you've lost your way
But you find your strength anyway
Courage is
When you're afraid
Courage is
When it all seems gray
Courage is
When you make a change
And you keep on livin anyway

You keep on moving anyway You keep on giving anyway You keep on loving, Anyway