

Jumping Hurdles: Jump Back Up

It's OK to make a mistake, some risks we've got to take
What matters is the effort that we make
So if we get an answer wrong or need some help to get along
Don't give up be strong, give yourself a break!

Keep on trying, keep on trying do your best I'm not lying
Don't be a quitter 'cause quitters never win
The hurdle may seem like it's high, another reason why
[You only lose when you don't try] – (repeated 2x last time through)

So don't say Ahh I can't do it, you'll be amazed when you put your mind to it
To solve a problem, push yourself right through it
Tell yourself you've had enough, your mind's made up, you've got the stuff
Have the courage you need when the going's tough

Repeat Chorus

Stretch yourself, dig in deep, start to believe, make that leap
You may turn or twist or spin, if you fall down jump up again

Here's a bit of truth to tell, put your boat in the water, let it sail
It's only when you don't try that you fail
'Cause the talent waits inside of you
It's something that you need to do, recognize that's true
Well you've just go to...

Repeat Chorus – repeat last line

