

Written By: Brad Crisler & James LeBlanc

I spent the morning at an old friend's grave  
Flowers and Amazing Grace, he was a good man  
He spent his whole life spinnin' his wheels  
Never knowin' how the real thing feels  
He never took a chance or took the time to dance  
And I stood there thinking as I said goodbye  
Today's the first day of the rest of my life

I'm gonna stop lookin' back and start movin' on  
And learn how to face my fears  
Love with all of my heart, make my mark  
I wanna leave something here

Go out on a ledge, with out any net  
That's what I'm gonna be about  
Yeah I wanna be runnin'  
When the sand runs out

'Cause people do it everyday  
Promise themselves they're gonna change  
I've been there, but I'm changin' from the inside out

That was then and this is now  
I'm a new man, yeah, I'm a brand new man  
And when they carve my stone they'll write these words  
"Here lies a man who lived life for all that its worth"

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And as a cold wind blows across the grave yard  
I think I hear the voice of my old friend whisper in my ear

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I wanna leave something here

Go out on a ledge, with out any net  
That's what I'm gonna be about  
Yeah I wanna be runnin'  
When the sand runs out  
Wanna be runnin'  
When the sand runs out mmmm  
Yes I do