

# **Motivation Formula (Song 1)**

## **“Change Up”**

Let's set this thing off right, It's the game of life  
Today is the day where we can make things right  
The crowd goes crazy as we take the field  
All the world is here to see who's keeping it real

There's no time to talk now, it's time to walk now  
The world's on the watch now from LA to Moscow  
How did this team that was labeled the worst  
Switch up their game and regain the position as first?

They did away with the curse that said we was losers  
Even when life left them battered and bruised it's  
Amazing to see not even complacency  
Could keep them out the game and today they be

The best in the world, on top of the league  
They worked through the hurt heartache and fatigue  
They re-routed the doubt and all the pain  
And this was the shout that won them the game

(Chorus)

It's time for the change up turn your flames up  
We rearranged the game, It's how we came up  
Pain is the fire that brews the steam that can  
Inspire you to pursue your dreams again

A setback  
is a setup for a comeback  
I was on a one track/  
one that/ left me crashing/  
flashback to the fast cash  
and last calls/ fat stash  
meant that/ life's fast ball/  
was ever passing/

I was battin',  
but swinging a lead bat  
So sick and tired/  
of being sick and tired/  
Have you ever said that?  
I had to rewire  
to get my head back  
'cause check that  
doing the same thing  
You can't expect new results reflecting,  
I had to bring life's train to a halt

Change-up continued . . .

I thought my father's abuse was my ticket loose  
My ticket to kick it and to be inflicted with booze

I had to choose to change up to find the real me  
And for my actions learn responsibility  
Hope filled me like steam and made it possible  
To fuel my dream to achieve all my goals

(Chorus)

The heaviness of pain now can even weigh a train down  
That hurt in your soul is like coal, let me explain how  
A train made a change and overcame a mountain  
One that before it was unable to conquer

You see this train y'all hadn't had a steady road  
And because of the pain it had gained a heavy load  
One filled with anger from all of the abuse  
But it didn't give up so it didn't ever lose

But then one day the train was thrown off balance  
As it approached the mountain of great challenge  
He charged up the mountain but because of the load  
It quickly stopped and in shock began to back pedal

The train got inspired and he used the coal  
To increase his fire to help him reach his goal  
He got to the top and couldn't believe  
The coal of pain helped him to reach his dream

(Chorus)

