

I know there's pain (I know there's pain).
Why do you lock yourself up in these chains (these chains)?
No one can change your life except for you.
Don't ever let anyone step all over you.

Just open your heart and your mind, mm...
Is it really fair to feel this way inside? Woah!

Someday somebody's gonna make you want to turn around and say goodbye.
Until then, baby, are you going to let 'em hold you down and make you cry?
Don't you know? Don't you know, things can change, things'll go your way,
If you hold on for one more day. Can you hold on for one more day?
Things'll go your way. Hold on for one more day.

You could sustain (you could sustain), hm, or are you comfortable with the pain?
You've got no one to blame for your unhappiness (no, baby).
You got yourself into your own mess, ooh.
Lettin' your worries pass you by (tettin' your worries pass you by).
Baby, don't you think it's worth your time to change your mind? No, no ...

Someday somebody's gonna make you want to turn around and say goodbye.
Until then, baby, are you going to let 'em hold you down and make you cry?
Don't you know? Don't you know, things can change, things'll go your way,
If you hold on for one more day. Can you hold on for one more day?
Things'll go your way (oh, things'll go your way). Hold on for one more day.

I know that there is pain, but you hold on for one more day, and ya break free from the chains.
Yeah I know that there is pain, but you hold on for one more day, and ya break free, break from the chains.

Someday somebody's gonna make you want to turn around and say goodbye (and say goodbye),
Until then, baby, are you going to let 'em hold you down and make you cry?
Don't you know? Don't you know, things can change, no,
Things'll go your way If you hold on for one more day, yeah, If you hold on.

Don't you know, things could change, things could go your way
If you hold on for one more day,
Can you hold on? Can you hold on.
Mmm, can you hold on, baby?

Won't you tell me now, hold on for one more day, 'cause It's gonna go your way.

Don't you know, things could change, things could go your way.
If you hold on for one more day, yeah.
Can't you change it this time, make up your mind.
Hold on, hold on, baby, hold on.