

## The Status

### "This is progress"

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I can feel it in my bones  
All the change that's bound to come, I can't wait  
I was fighting this for years  
A slave to worry and to fear  
It all stops here

What I've seen what I've done  
Has only prepared what's to come  
I've got nothing left to lose

So this is progress  
And this I promise  
To not lose heart this year  
May I have your attention  
So I can mention  
I went back down to fear

[Anthony Raneri:]  
I was lost and so confused  
Running circles around you  
I thank the stars that I found my way  
Now Back to the simple things in life  
Day to day, just getting by  
Counting sheep and highway signs  
That's just fine

What I've seen what I've done  
Has only prepared what's to come  
I've got nothing left to lose

So this is progress  
And this I promise  
To not lose heart this year  
May I have your attention  
So I can mention  
I went back down to fear

Oh went through years of searching  
Just trying to find that purpose  
I feel a sense of progress  
And oh after years of hurting

So much I felt like breaking  
I feel a sense of strength and hope

What I've seen what I've done  
Has only prepared what's to come  
I've got nothing left to lose

So this is progress  
And this I promise  
To not lose heart this year

So this is progress  
And this I promise  
To not lose heart this year  
Can I have your attention  
So I can mention  
I wont back down to fear (I won't back down to fear)

So this is progress (this is progress)  
And this I promise  
To not lose heart this year (I won't lose heart this year)  
May I have your attention (attention)  
So I can mention  
I wont back down to fear (I won't back down to fear)

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