

a Listen to the song and fill the gaps a–h in the chorus with adjectives from the box. There are two adjectives you don't need.

calm tough bad stronger kind bold cool
hard loyal wiser

You gotta be

Listen as your day ¹unfolds,
Challenge what the future ¹h_____
Try and keep your head up to the ³sky

Lovers they may cause you ²tears
Go ahead release your ²f_____
Stand up and be counted
Don't be ashamed to ³c_____
You gotta be

CHORUS

You gotta be ^a_____
You gotta be ^b_____
You gotta be ^c_____
You gotta be ^d_____
You gotta be ^e_____
You gotta be ^f_____
You gotta be ^g_____
You gotta be ^h_____
You gotta stay together
All I know, all I know
Love will save the day

Herald what your mother ⁴said
Read the books your father ⁴r_____
Try to solve the puzzles in your own sweet time
Some may have more cash than ⁵you
Others take a different ⁵v_____
My oh my

CHORUS

Time asks no questions, it goes on without ⁶you
Leaving you behind if you can't stand the ⁷pace
The world keeps on spinning, can't stop it if you tried ⁶t_____
The best part is danger staring you in the ⁷f_____

Remember listen as your day unfolds, etc.



b Look at the gaps 1–7 in the verses. Each gapped word rhymes with the **bold** word that has the same number. Try to guess the missing words. Then listen again and complete them.

c Listen again and read the lyrics. Use the glossary to help you. The song gives advice on how to live. Match the pieces of advice 1–7 to the correct phrase(s) in the song.

1 Don't let problems get you down
Try and keep your head up

2 Be prepared to suffer because of
relationships

3 Don't worry about showing your
emotions

4 Learn from your parents

5 Don't be envious of people who are
richer than you

6 Not everybody will agree with you

7 Don't waste time or you will miss
opportunities

Glossary

you gotta be = you've got to be / you have to be

unfold = open out

challenge what the

future holds = don't accept your fate,
make your own future

release = let go

be ashamed = feel bad about

herald = say in public that something is good
or important

can't stand the pace = can't go fast enough

spin = go round

stare = look at somebody / something for a
long time

Song facts

This song was first recorded by Des'ree, one of the UK's most successful pop / soul singers of the 1990s. Her other big hits were *Life* and *What's your sign?*