

The fire fighter within

Never give up
Never give in
Fight 'til you lose.....
Or fight 'til you win.

Never let up.
Never let down.
Never let the frightened.....
See you frown.

Wield your weapons
Conquer all fears
Work 'til your sweat....
Replaces their tears.

Learn from your losses
Savour your wins.
Prepare for the next one
And battle again.