

A

So look up from your phone, shut down the \_\_\_\_\_

Take in your surroundings, make the most of today

Just one real connection is all it can take

To show you the difference that being there can \_\_\_\_\_

B

Be there in the moment, that she gives you the look

That you remember forever as when love \_\_\_\_\_

The time she first held your hand, or first kissed your lips

The time you first disagreed but you still love her to \_\_\_\_\_

C

The time you don't have to tell hundreds of what you've just done

Because you want to share this moment with just this \_\_\_\_\_

The time you sell your computer, so you can buy a ring

For the girl of your dreams, who is now the real \_\_\_\_\_

D

The time you want to start a family, and the moment \_\_\_\_\_

You first hold your little girl, and get to fall in love again.

The time she keeps you up at night, and all you want is rest

And the time you wipe away the tears as your baby flees the \_\_\_\_\_

E

The time your baby girl returns, with a boy for you to hold

And the time he calls you granddad and makes you feel real \_\_\_\_\_

The time you've taken all you've made, just by giving life attention.

And how you're glad you didn't waste it, by looking down at some \_\_\_\_\_

F

The time you hold your wife's hand, sit down beside her bed,  
You tell her that you love her and lay a kiss upon her \_\_\_\_\_  
She then whispers to you quietly as her heart gives a final \_\_\_\_\_  
That she's lucky she got stopped by that lost boy in the street.

G

But none of these times ever happened, you never had any of this.  
When you're too busy looking down, you don't see the chances you \_\_\_\_\_

So look up from your phone, shut down those displays  
We have a final act existence, a set number of \_\_\_\_\_  
Don't waste your life getting caught in the net  
As when the end comes nothing's worse than \_\_\_\_\_

H

I'm guilty too of being part of this machine,  
This digital world, we are heard but not \_\_\_\_\_  
Where we type as we talk, and we read as we chat  
Where we spend hours together without making eye \_\_\_\_\_

I

So don't give in to a life where you follow the \_\_\_\_\_  
Give people your love, don't give them your 'like'  
Disconnect from the need to be heard and defined  
Go out into the world, leave distractions \_\_\_\_\_