

This Is Your Life

Switchfoot

♩ = 130

Intro

1

11 9 11 9 11 13 14 11

6

11 9 11 9 11 13 14 11 11 9 11

11

11 9 11 12 11 13 14 11 11 9 11 9 11 11

Verse

16

13 11 11 9 11 9 11 11 12 11 13 14

21

11 11 9 11 9 11 11 13 12 11 14

29

13 14 11 11 9 11 9 11 11 12 11 13 14 11

Chorus

34

Musical notation for measures 34-42. The top staff shows a melodic line with eighth and quarter notes, including accidentals. The bottom staff shows guitar fretting with numbers 9, 11, 12, 13, 14, and 0.

43

Musical notation for measures 43-52. The top staff shows a melodic line with half notes and quarter notes. The bottom staff shows guitar fretting with numbers 2, 0, and 9.

53

Musical notation for measures 53-58. The top staff shows a melodic line with eighth and quarter notes, including accidentals. The bottom staff shows guitar fretting with numbers 0, 2, 9, 11, 12, 13, and 14.

Verse

59

Musical notation for measures 59-63. The top staff shows a melodic line with eighth and quarter notes, including accidentals. The bottom staff shows guitar fretting with numbers 9, 11, 12, 13, 14, and 12.

Chorus

64

Musical notation for measures 64-70. The top staff shows a melodic line with eighth and quarter notes, including accidentals. The bottom staff shows guitar fretting with numbers 9, 9, (9), 16, 5, 0, 7, 9, 11, 14, 14, 0, 11, 13, 11, and 5.

71

Musical notation for measures 71-76. The top staff shows a melodic line with eighth and quarter notes, including accidentals. The bottom staff shows guitar fretting with numbers 5, 5, 7, 0, 7, 9, 11, 14, 14, 0, 11, 13, 11, 5, 5, 5, 7, and 0.

Bridge

77

11-14 14 0 11 13 11 5 5 5-7 0 2

85

Chorus

95

0 7-9 11-14 14 0 11 13 11 5 5 5-7

Chorus

102

0 7-9 11-14 14 0 11 13 11 5 5 5-7 0 7-9 11-14 14

108

0 11 13 11 5 5 5-7 0 7-9 11-14 14 0 11 13 11 5 5 5-7

114

0 7-9 11-14 14 0 11 13 11 5 5 5-7 0 0 0 2 2 2

Outro

120

Musical notation for measures 120-124. The top staff shows a melodic line with eighth notes and rests. The bottom staff shows guitar fretting with numbers 0, 9, 11, 12, 13, and 14.

125

Musical notation for measures 125-129. The top staff shows a melodic line with eighth notes and rests. The bottom staff shows guitar fretting with numbers 9, 11, 12, 13, and 14.

130

Musical notation for measures 130-134. The top staff shows a melodic line with eighth notes and rests. The bottom staff shows guitar fretting with numbers 9, 11, 12, 13, and 14.

135

Musical notation for measures 135-139. The top staff shows a melodic line with eighth notes and rests. The bottom staff shows guitar fretting with numbers 9, 11, 12, 13, and 14.