

This Is Your Life

Switchfoot

Standard tuning

♩ = 130

Intro

S-Gt

The musical score is presented in four systems, each with a standard musical staff and a corresponding guitar tab staff. The first system is labeled 'Intro' and contains measures 1-5. The second system contains measures 6-13, with dynamic markings *mf* and *f*. The third system is labeled 'Verse' and contains measures 14-20. The fourth system contains measures 21-27. The guitar tabs include fret numbers and techniques such as bends and vibrato. The piece is in 4/4 time with a tempo of 130 bpm.

TAB

TAB

TAB

TAB

Verse

TAB

TAB

TAB

TAB

34

f *mf*

| | | | | | | | | | | | | | |
|---|---|----|---|---|----|----|---|---|-----|---|---|---|---|
| T | 6 | 13 | 4 | 6 | 14 | 13 | 9 | 6 | (6) | 8 | 6 | 4 | 2 |
| A | 4 | 11 | 2 | 4 | 12 | 11 | 7 | 4 | (4) | 6 | 4 | 2 | 0 |
| B | | | | | | | | | | | | | |

Chorus

42

| | | | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|--|--|--|
| T | | | | | | | | | | | | | |
| A | | | | | | | | | | | | | |
| B | | | | | | | | | | | | | |

Verse

52

p *f* *p*

| | | | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|--|--|--|
| T | | | | | | | | | | | | | |
| A | | | | | | | | | | | | | |
| B | | | | | | | | | | | | | |

Chorus

61

mp *f*

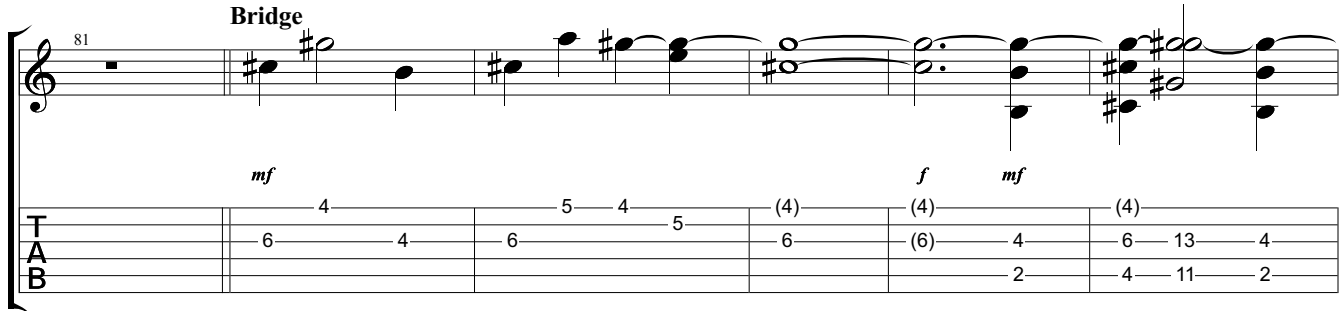
| | | | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|--|--|--|
| T | | | | | | | | | | | | | |
| A | | | | | | | | | | | | | |
| B | | | | | | | | | | | | | |

71

| | | | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|--|--|--|
| T | | | | | | | | | | | | | |
| A | | | | | | | | | | | | | |
| B | | | | | | | | | | | | | |

Bridge

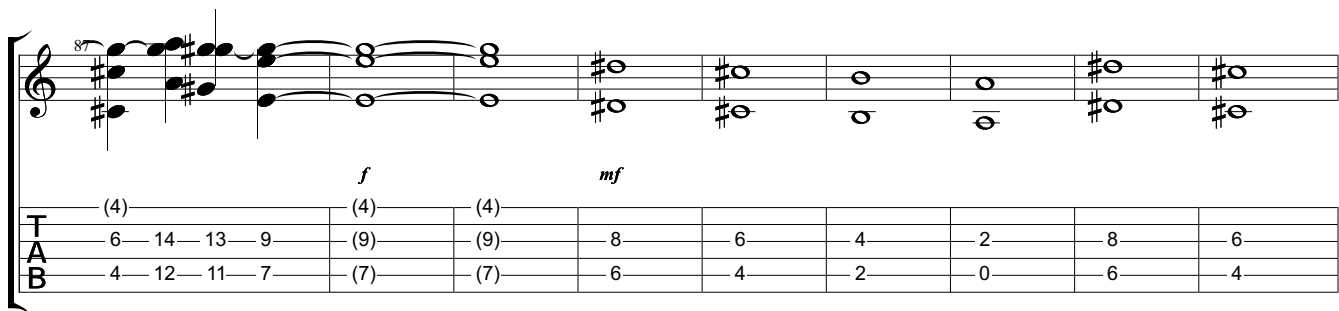
81



mf *f* *mf*

| | | | | | | |
|---|---|---|---|-----|-----|-----|
| | 4 | 5 | 4 | (4) | (4) | (4) |
| T | 6 | 4 | 6 | 5 | 6 | (6) |
| A | | | | | | 4 |
| B | | | | | 2 | 4 |

87

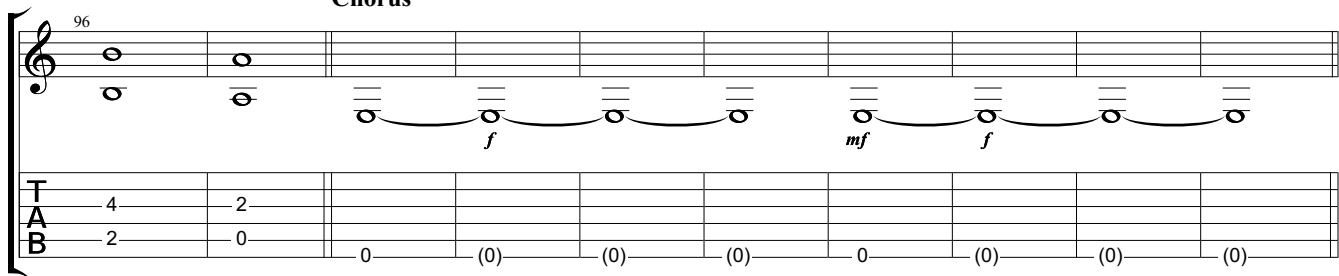


f *mf*

| | | | | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| (4) | (4) | (4) | (4) | (4) | (4) | (4) | (4) | (4) | (4) |
| 6 | 14 | 13 | 9 | (9) | (9) | 8 | 6 | 4 | 2 |
| 4 | 12 | 11 | 7 | (7) | (7) | 6 | 4 | 2 | 0 |
| | | | | | | | | | |

Chorus

96

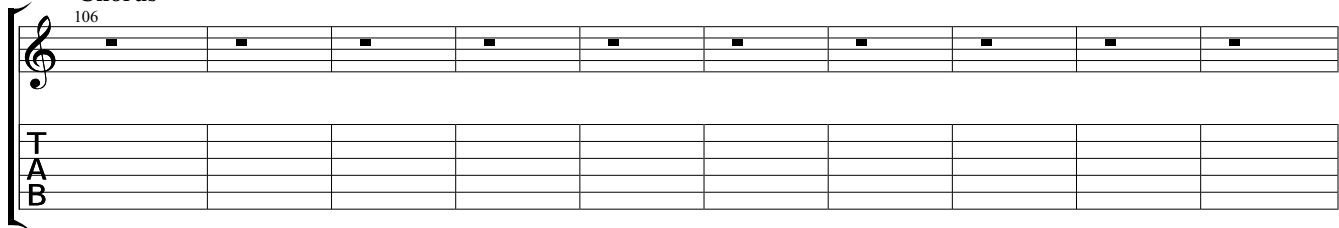


f *mf* *f*

| | | | | | | | | | |
|---|---|---|-----|-----|-----|---|-----|-----|-----|
| 4 | 2 | | | | | | | | |
| 2 | 0 | 0 | (0) | (0) | (0) | 0 | (0) | (0) | (0) |
| | | | | | | | | | |
| | | | | | | | | | |

Chorus

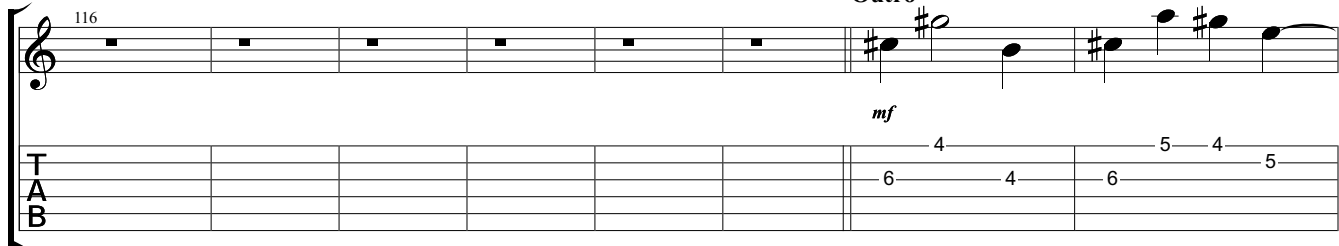
106



| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

Outro

116



mf

| | | | | |
|---|---|---|---|---|
| | 4 | 5 | 4 | 5 |
| T | 6 | 4 | 6 | 5 |
| A | | | | |
| B | | | | |

124

f *mf* *f* *mf*

T (5) (5) 4 6 4 5 4 (5) (5) 4 6 4
A
B

131

f *mf* *f*

T 5 4 5 (5) (5) 4 6 4 6 5 4 5 (5)
A 6
B

137

mf

T (5) 4
A
B