

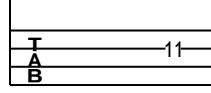
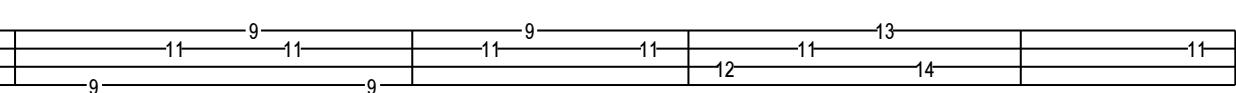
# This Is Your Life

Switchfoot

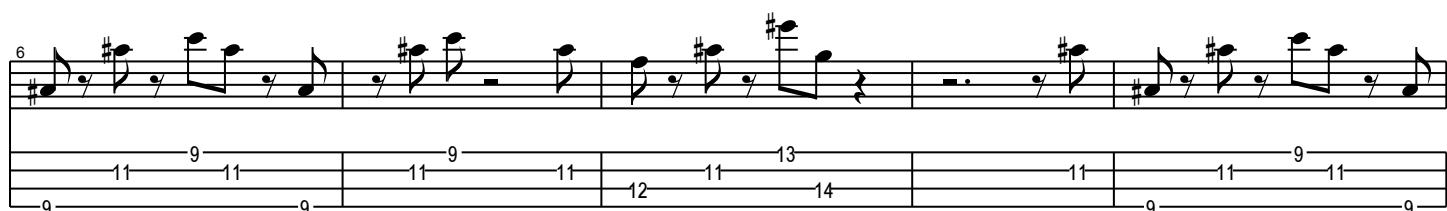
 = 130

Intro



1  
A: 4     

T 11 9 11 11 9 11 11 13  
A 11 9 11 11 12 11 14  
B 9 9 12 11 14 11



6  
 

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



11  
 

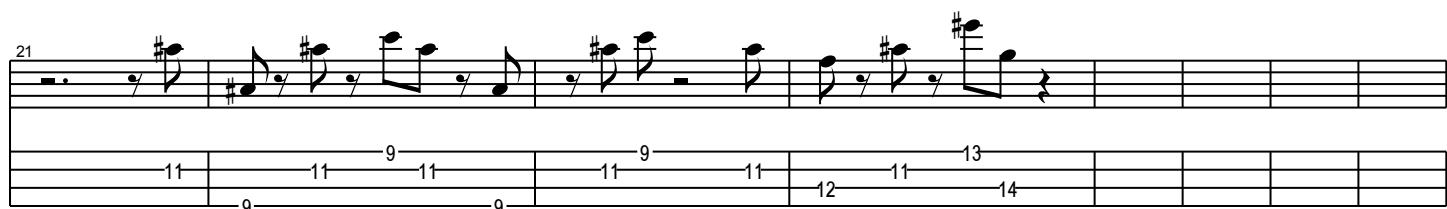
11 9 11 13 11 11 9 11 11 9 11 11  
12 11 14 12 11 14 9 9

Verse



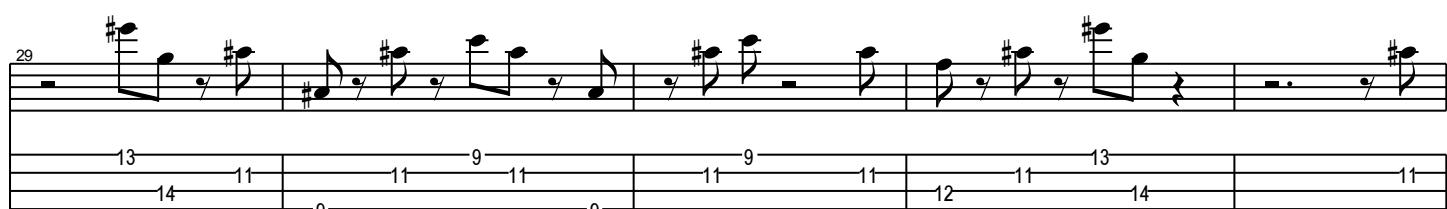
16  
 

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



21  
 

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



29  
 

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

**Chorus**

Sheet music for Chorus section, measures 34-35. The top staff shows a melodic line with grace notes and slurs. The bottom staff is a guitar tab with the following fret positions: 9, 11, 11, 11, 11, 12, 11, 14, 13, 11, 11, 11, 11, 12, 11, 14.

Sheet music for Chorus section, measures 43-44. The top staff shows a melodic line with grace notes and slurs. The bottom staff is a guitar tab with the following fret positions: 2, 0, 0, 2, 0, 0, 2, 0, 0, 2, 0, 2, 0.

Sheet music for Chorus section, measures 53-54. The top staff shows a melodic line with grace notes and slurs. The bottom staff is a guitar tab with the following fret positions: 0, 2, 11, 9, 11, 11, 9, 11, 11, 11, 11, 12, 11, 13, 14.

**Verse**

Sheet music for Verse section, measures 59-60. The top staff shows a melodic line with grace notes and slurs. The bottom staff is a guitar tab with the following fret positions: 11, 11, 9, 11, 11, 9, 11, 11, 11, 12, 11, 13, 14, 12, 14, 12.

**Chorus**

Sheet music for Chorus section, measures 64-65. The top staff shows a melodic line with grace notes and slurs. The bottom staff is a guitar tab with the following fret positions: 9, 9, (9), 16, 5, 0, 7-9, 11-14, 14, 0, 11-11, 13, 5.

Sheet music for Chorus section, measures 71-72. The top staff shows a melodic line with grace notes and slurs. The bottom staff is a guitar tab with the following fret positions: 5, 5, 7, 0, 7-9, 11-14, 14, 0, 11-11, 13, 5, 5, 5, 7, 0, 7-9.

**Bridge**

Sheet music for guitar Bridge section. The top staff shows a melodic line with various notes and rests. The bottom staff is a six-string guitar tab with the following fretting pattern:  
11-14 | 0 | 11-11 | 5 | 5-5-7 | 0 | 2 |  
         | 14- | 0 |       | 5 | 5-7 | 0 |   |

85

Blank sheet music for guitar Bridge section, consisting of two blank staves.

**Chorus**

Sheet music for guitar Chorus section. The top staff shows a melodic line with grace notes and slurs. The bottom staff is a six-string guitar tab with the following fretting pattern:  
0 | 7-9 | 11-14 | 14- | 0 | 11-11 | 13- | 5 | 5-5-7 |  
    | 0 |     | 14- | 0 | 11- | 11- | 5 | 5-7 |

**Chorus**

Sheet music for guitar Chorus section. The top staff shows a melodic line with grace notes and slurs. The bottom staff is a six-string guitar tab with the following fretting pattern:  
0 | 7-9 | 11-14 | 14- | 0 | 11-11 | 13- | 5 | 5-5-7 | 0 |  
    | 0 |     | 14- | 0 | 11- | 14- | 14- |     | 0 |

Sheet music for guitar Chorus section. The top staff shows a melodic line with grace notes and slurs. The bottom staff is a six-string guitar tab with the following fretting pattern:  
0 | 13- | 11- | 5 | 5-5-7 | 0 | 7-9 | 11-14 | 14- | 0 | 11-11 | 13- | 5 | 5-5-7 | 0 |  
    | 0 |     | 5 | 5-7 | 0 |     | 14- | 0 | 11- | 11- | 5 | 5-7 | 0 |

Sheet music for guitar Chorus section. The top staff shows a melodic line with grace notes and slurs. The bottom staff is a six-string guitar tab with the following fretting pattern:  
0 | 7-9 | 11-14 | 14- | 0 | 11-11 | 13- | 5 | 5-5-7 | 0 | 0-0-0 | 2-2-2 |  
    | 0 |     | 14- | 0 | 11- | 11- | 5 | 5-7 | 0 | 0-0-0 | 2-2-2 |

**Outro**

The tablature shows four staves of guitar music. The top staff is a standard six-string staff with note heads and stems. The bottom three staves are six horizontal lines representing the strings, with fret numbers (0, 9, 11, 12, 13, 14) indicating where to press each string. Measure numbers 120, 125, and 130 are at the start of each section, followed by a repeat sign.

**Measure 120:** The top staff has eighth-note pairs. The bottom staff has notes at 0, 0, 0, 11, 11, 9, 11, 11, 12, 11, 13, 14.

**Measure 125:** The top staff has eighth-note pairs. The bottom staff has notes at 11, 11, 9, 11, 11, 9, 11, 11, 12, 11, 13, 11.

**Measure 130:** The top staff has eighth-note pairs. The bottom staff has notes at 11, 9, 11, 11, 9, 11, 12, 11, 13, 11, 11, 9.

**Measure 135:** The top staff has eighth-note pairs. The bottom staff has notes at 11, 9, 11, 12, 11, 14, 11.