If you work all day from nine to five
and come home feeling half alive
and never see your kids and wife
then I’ve got news for you

There’s no point doing what you do
unless it’s somehow good for you
You’ve got to get a result or two
in the form of something real

If you’re feeling stressed
and not the best
and have trouble finding happiness
well here’s one thing I will suggest
Obtain yourself a yield

Obtain yourself a yield
sustain your energy
Don’t drain yourself,
maintain yourself.
Obtain yourself a yield.

Obtain yourself a yield
right in the here and now
Make sure you earn
something in return
Here, let me show you how.

Now, if you’re feeling sleepy
then go and have a sleep
If you feel like there’s
not enough air,
then breathe in very deep

Ignore the stash of cash
in your pocket
Just make a salad with
home-grown rocket.
You just have to go out the back and
pluck it
No need to go to the bank.

You’ve gotta work your days
for stuff that pays.
in not just money,
but in many ways
It’s time you cleared
away the haze
and obtained yourself a yield.

Obtain yourself a yield
of something you can eat
You can produce
some things of use
with your own two
hands and feet.

Obtain yourself a yield
and one for others too
make sure you seal
both ends of the deal
of what’s good for both of you

An easy way to do it
is to give one to your friends
’cause the good things you do
come back to you
and the yield just never ends.

If you’re thirsty then you oughta
get yourself a drink of water
and if it’s gonna be cold
and your feeling bold,
you could shear yourself a sheep

In any given moment
there’s everything you need
Just look around,
it will be found