

Keep Moving

Abstract

I know I got a past
But I ain't chained to it
Know the road got rough
Had some pretty bad luck
But I still got through it
I know pain don't lie
Long as we keep movin'
May have lost my hope in the ways I cope
But I'm still not ruined
Oh, I keep movin'

Yeah, I'm not ashamed of my past
Course there are things that I wish I did different
But nobody's perfect, let's leave it at that
See, I went through hell and I'm still here
I went to war with all my fears
Scared of not reachin' the places I know that I'm capable of
And for so many years
I was the only one holdin' me back
I'll admit it, depression was kickin' my ass
All the nights I would wake up with panic attacks
I got too many countin' on me, that's a fact
But how can I fold when I know I'm [the group?]
Keepin' everyone swimmin'? They stayin' afloat
Mentally stronger than ever
I know I can handle the peaks if I get through the lows

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This for the younger me writin' inside of his room
Hidin' the pages right under my mattress and jottin' my struggles that nobody knew
This for the kids with a hope and a dream
Would struggle and fight with their own self-esteem
Scared of just bein' a disappointment to the fam
Don't ever let them kill your dreams
There'll always be haters, just use it as motivation
On this journey, you need to embrace
Trust in a few and believe in yourself
Even when nothin's fallin' into place
It's all for a reason, I get it, I'm over that sayin'
But trust me, [old me?] understand
Nothin' worth happen will ever happen overnight
Have faith, it's all in the plans

I know I got a past
But I ain't chained to it (No, I ain't chained to it)
Know the road got rough

Had some pretty bad luck
But I still got through it (Got through it)
I know pain don't lie (Don't lie, don't lie)
Long as we keep movin' (Long as we keep movin')
May have lost my hope in the ways I cope
But I'm still not ruined
Oh, I keep movin'

Oh, I keep movin', oh