

I've come a long way from weeing in pyjama bottoms  
Too shy and bottling up my problems  
And that was when I wouldn't even tell you nothing  
And that some baggage that I've had since I was a kid  
I did some weird stuff when I was a kid  
Teenage years, yeah I became a little shit  
Answering back and always giving it the lip  
I had so much anger making me physically sick

Oh, but we smile through it 'cause that's what were taught  
The Body Keeps The Score - don't go asking for support  
And even if you dare it's unavailable  
As far as they can tell this individual's highly capable  
Because I made it happen with a a plan  
But there's so many little pieces to a man  
And all these other voices that I've silence in the past  
I'm asking them to stand up on the stage and raise their hand  
Its time for them to have a voice and take the mic  
'Cause its not easy being the one that people like  
It's harder still to be the one that people love  
Who knew love would make for a hard life, it's a hard life

Stood upon this hill there's so much that I can see  
The Gherkin, The Shard and The National Gallery  
In amongst the landmarks there's little bits of me  
I see my wedding day - plain as photography  
I see my first born child  
Yeah they're just like me  
Hopelessly devoted to their insecurities  
Struggling through their adolescence, saying its a breeze  
Wondering why their parents are forcing them to eat their greens

I see other things too  
The timeline of you  
Your first born child  
Yeah, they're just like you!  
Looking out for everyone and always on the move  
A smile to make the traffic stop and eyes of greeny blue  
Volunteering at the homeless shelter making the soup  
Swear to make a difference even if for just a few  
Yeah they're just like you  
Through and through  
Conclusive proof  
I swear its true

Take a look at all our friends their still living their best  
Tehmeena, Damo, Wallyce, Mikey, Pippa and Steph  
Shining like Adobes put on special effects  
Still waking up on Sundays not quite feeling their best

And, I need to catch my breath  
Turn the page just to see what's next  
I guess I've made my bed?  
Maybe now ill finally get some rest