

Dawn of a New Day

Free Throw

Keep on waiting for everything to be okay
By itself, without help
It's like the miracle at the end of the road
Never showed
And I'll do my best to keep some consistency
In some way
And use the lessons gained from my former days
I think I've figured out

I'll sit and settle for now
The truth's that life's just ups and downs

I've sat here waiting for relief from all of the bullshit
But it's failed to avail
I've kept my patience stored
Under the floorboards I've roamed in our home
It's so hard to make a change
That's so far away from gained
So I will find how to cope in a different way
I'm here again
Reset then

I'll sit and just settle for now
The truth is there's nothing else

When bursting at the seams sometimes
That ever really helps
I've wasted so much precious time
Hating on myself
It's all a series of ups and downs

Wait, reset yourself
Wait, reset yourself
Wait, reset yourself
(It's all ups and downs)
Wait, reset yourself
(It's all ups and downs)
Wait, reset yourself
(You're bursting at the seams sometimes)
(Wasting so much precious time)
(It's all ups and downs)
Wait, reset yourself
(You know the things that help)
(Hating on yourself)
(I feel that I'll peel back the sheets and get out of bed)
It's all ups and downs