

'Cause they can't
Take it from you
They never understood what you've been through
What's life without pushing
They can't believe what you put yourself through
And I love you for it

In a hotel room, contemplating my death
I been on tour so long, feel like ain't nothing left
It's in these moments that I find freedom
In the midst of a bad day, good thoughts, I greet 'em
When I'm riddled with anxiety, it's hard to find sobriety
I'm being honest now, entirely
Physically and mentally drained
But no matter how life move, do my best to maintain
I could focus on the positive, or bitch and complain
Gripping this fame, feeling like I'm lost in the game
It's hard to see the bigger picture when you're feeling restrained
'Cause everything you dreamed to attain can't fit in the frame
Luckily, your minds a gallery
Full of artistic expression that could fill up the galaxy
It's okay to not be okay
Just don't let that present mood dictate the rest of your day
Children grow up, go to work, then forget how to play
A lot of people that I meet tell me about they dreams
And how they wish they could attain 'em even though it seems
Like it's not a probability
Be nicer to yourself, show humility
While you compare yourself to others on a screen
You could put that phone down, look around, and feel serene
But this thing in our pockets are part of our daily routine
Distraction from taking action
Full of synthetic satisfaction, by dopamine hits
From swipe, likes, and captions
Comparison is destroying your passion
Used to be full of dreams, now you barely have a ration
Yo, listen
If you ain't rich doing what you love, then what's the point?
And it's because of this mentality that you can't pass a certain point
Think of the millions of dreamers that did what they did, then they died
Some were celebrated, others crucified
I'm not saying quit your nine to five
That's unrealistic in this world that we live in, and you must survive
But do not deprive the heart on your sleeve from the blood underneath
Sharpen your sword daily, don't just keep it in the sheath
Wake up every day as if you could relive it
Then whenever you feel negativity come and just pivot
Appreciate the good, and not the bad
Be yourself, and not the fad
It's okay to wake up sad
But it's a lot of people that woke up today in body bags
332,648 to be exact
And you mad that you ain't get that big promotion, fuck that
Man, it's okay to be upset, but don't let it affect your life
'Cause 13,860 just lost they life in an hour
231 in a minute, man that's three a second
Yo

And your heart still beats as you listen
So take it day by day, and make the right decision
Add something to this world, don't multiply division
Focusing on the past is not the present vision
Worrying about the future is just a head-on collision
Live in the now if you can
I find it hard myself, but I'm just tryna lend a hand
I said, I find it hard myself, but I'm just tryna lend a hand

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