Ooh... wow See I've been keepin' secrets I've been goin' through these changes And let me take you stage by stage Through all the things that's on my mind that I can not erase I've been dealin' with these haters Got people laughin' with my paper I be steady on my grind But people steady playin' wastin' all my precious time It used to really take up all my energy When I found that certain so called friends were really enemies But I wanna thank 'em for the lessons that they've taught to me So I say thank you, I thank you For helpin' to make me me I think about the days in my life But I wouldn't change them Sometimes I wanna press rewind But I wouldn't change it 'Cause everything that makes me stronger Is everything that feeds my hunger If I could change it all I wouldn't change nothin' at all I wouldn't change nothin' at all Nooo... yeah I've been feelin' these emotions (Emotions) Up and down like rollercoasters (Rollercoasters) Everybody sayin' how How I fell off since I've been out the lime light Well, ain't nothin wrong with gettin' your mind right (No) Had to put god first in my life (So) So when I feel I'm fallin' down There's something pushing me to stand up taller now It used to really take up all my energy (Energy) When I found that certain so called friends were really enemies (Enemies) But I wanna thank 'em for the lessons that they have taught to me So I say thank you for helpin' to make me see I think about the days in my life But I wouldn't change them Sometimes I wanna press rewind But I wouldn't change it (I wouldn't change a thing) 'Cause everything that makes me stronger (Stronger) Is everything that feeds my hunger If I could change it all I wouldn't change nothin' at all (Nothin' at all, nothin' at all, nothin' at all) Never never never never (Nothin' at all, nothin' at all, nothin' at all) Nothin' at all...

Whenever you're feeling down
And you feel like givin up, really feel like givin' up (Get up)
Don't let the enemies (Hold you down)
Just get back up
Go ahead make 'em fall

See what dont kill you make you stronger
Make you stand a little longer
And eventually a change gon come (Yes a change gonna come)
Thats why I know not to question
I'm just thankful for the blessings
And if I could I wouldn't change nothin' at all

I think about the days in my life (No)
But I wouldnt change them (There's a reason for everything)
Sometimes I wanna press rewind
But I wouldn't change it (So I, I would never, yeah!)
'Cause everything that makes me stronger
Is everything that feeds my hunger
If I could change it all
I wouldn't change nothin' at all
I wouldn't change nothin' at all

I appreciate the things they taught me That's why I wouldnt change a thing...