Here's a story that I wanna tell
Bout a guy I used to know so well
Who lived his life so carelessly
The most popular boy in school
Who would've thought he'd fall the victim too
When his future seemed so promising

Some say he came from the perfect home A family with money
There was love like I have never known
He let the shadows pour through his heart
Poisoned his veins he got lost
Now he's runnin
You know u've only got

1 life, 1 life 2 live
U've got 2 wake up
B4 u miss out on it
U've only got 1 chance
1 chance to be
And that's all u've got 2
Fulfill ur destiny
U've got 2 love urself
Love urself
Love urself

There was this friend of mine
She lived a really lonely life
She never thought she was good enough
Such a beautiful silhouette
But I'm ugly is what she said
She didn't know the value of her worth

Some say her father's the one to blame He loved her in ways she never told Little girls should never know She ran away just to save her soul Escape from the painful memories She's still runnin U know u've only got 1

No one can have a perfect life 2 live u have 2 survive U gotta take the good with the bad And the bitter with the sweet Life can be so sweet But first u gotta find the peace Ur inner joy is yours alone But first u've got 2 love urself