I wrote this song as a message for help On behalf of anybody finding theirself I wrote this letter to numb your pain 'Cause everyday I wake up I'm feeling the same I got issues just like you got issues I been hurt I seen the scar tissue If I show you would you run away Do I gotta hide 'em for you to wanna stay Do I, even need you, should I leave you Do I, gotta be you, just to please you Do I, say I'm all good, when I bleed you Through my, heart, quit tearing mine apart I shout, I swear, I get angry, I get scared I fall, I break, I mess up, I make mistakes But if you can't take me at my worst You don't deserve me at my best Got to keep it going, got to keep my head up, uh Got to keep it going, got to keep my head up, uh Got to keep it going, got to keep my head up cause life is about, aight chec k this out Life is about making mistakes It's also about trying to be great Do not let failure scare you away I know you fed up, you fall, get up It's all in us, I can speak about 'cause I did it (true) Ladies and gentlemen here's the exhibit It's my life look a little closer you could see the highlight Gold ain't always golden but I told 'em Look at all the years I've been waiting for a moment Shed a lot of tears just to smile in the morning Tell me could you love me, tell me could you love me Tell me could you love me if I told you why I shout, I swear, I get angry, I get scared I fall, I break, I mess up, I make mistakes But if you can't take me at my worst You don't deserve me at my best This song's for anybody, yeah Who feels like I did Never the cool kid This song's for anybody Who fought their way through Always remain true This song's for anybody The one's who trying to get it The one's who dreaming and live it This song's for anybody This song, this song, this song, this song, this song, this song I shout, I swear, I get angry, I get scared I fall, I break, I mess up, I make mistakes

But if you can't take at my worst You don't deserve me at my best Got to keep it going, got to keep my head up, uh
Got to keep it going, got to keep my head up, uh
Got to keep it going, got to keep my head up cause life is about