It's hard not to be hard on yourself
It seems like it's easy to be someone else
Try to do the best that you can
And if you fall short you can just try again

So you got yourself burned girl Said somethings you regret Saying sorry won't hurt girl There's a world out there A waiting for you To break all through

It's hard not to be hard on yourself
It seems like it's easy to be someone else
Try to do the best that you can
And if you fall short you can just try again

Take a moment and breathe girl
And don't get stuck in your head
Take a minute and see girl
There's a world out there
A waiting for you
To break all through

It's hard not to be hard on yourself
It seems like it's easy to be someone else
Try to do the best that you can
And if you fall short you can just try again

It's hard, ooh
I'm proud of you
Breaking all through

It's hard not to be hard on yourself
It seems like it's easy to be someone else
Try to do the best that you can
And if you fall short you can just try again
Oh, it's hard not to be hard on yourself
It seems like it's easy to be someone else
Try to do the best that you can
I'm proud of you
Breaking all through
It's hard not to be hard on yourself