We all fall down
And I feel your pain
In these situations
You've gotta step up!

And it's okay
Just take it all in
Nothings ever changed
We all make mistakes

Just breathe it all in ooh woah Just breathe it all out yeah Just take it all in ooh woah Before you fall out yeah

There's a way out
Go ahead & choose
Cuz I am here now
You've got nothing to lose
Yeah, it's ok
Just take it all in
Nothing's ever changed
That's the risk we take

Just breathe it all in ooh woah Just breathe it all out yeah Just take it all in ooh woah Before you fall out yeah

Erase your pain and let go
Just take your time, don't rush now
Don't be too hard on yourself
Leave it all behind now

Just take a chance to breathe now!