

I'm 23, I kind of hope I live to see 24  
I've realised I'm not invincible anymore  
And of that, I'm sure

I have been hiking up molehills  
And I'm feeling kind of tired so I'm coming down  
I have been fussing over nothing  
But nothing makes me frown  
I'll turn it upside-down

We are much better off than we think we are  
And you don't have to look that far to see  
That what we have ain't that bad  
You survived today, keep the PMA

I'm negative but willing to try anything twice  
I have an open mind  
I could be a positive guy  
A new way of life

I have been fussing over nothing  
But nothing makes me frown  
I'll turn it upside-down

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And you don't have to look that far to see  
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We are much better off than we think we are  
And you don't have to look  
That far to see that what we have ain't that bad  
As long as you've got your health  
You're doing better than someone else

We are much better off than we think we are  
And you don't have to look that far to see  
That what we have ain't that bad  
You survived today  
Keep the blues at bay  
Remember every day  
Gotta have that PMA