All this waiting comes back to me
And I know it seems so hard to believe
I gave all my reasons
Gave all my pain
Excuses evolve into shame
I'll take it day by day
It's better than they say
My conscience, it leans toward defeat
I'll hold onto my pride
Take one step at a time
My conscience, it blames all on me

Understand, the bad days are over We're free at last to learn from our past All it means is the bad days are over And all that lasts can't take from your past

Living life with insecurities
It just makes it harder to see
So raise your voice and sing along with me
I know this is how you want to be
I'll take it day by day
It's better than they say
My conscience, it leans toward defeat
I'll hold onto my pride
Take one step at a time
My conscience, it blames all on me

Understand, the bad days are over We're free at last to learn from our past All it means is the bad days are over And all that lasts can't take from your past

This is the lesson I have learned When my intuition called out to me This is the lesson I can teach But you don't listen, no Talk to me

Understand, the bad days are over We're free at last to learn from our past All it means is the bad days are over And all that lasts can't take from your past