

Gotta stop doing things that are bad for me,
Gotta stop doing things that are bad for me,
Because I don't want to live with disease, wanna rid myself of toxicity.
Too much of the same routine and I give into insecurity.

Like a pet trained to return,
But humans are supposed to learn,
And change when things are going wrong.
I always let it go for way too long.

But maybe there's a chance, ooh, I know what I need to do.

**I gotta stop doing things that are bad for me.
I'm thinking maybe I could change my body's destiny,
and start listening to my own advice,
Then maybe my life could be twice as nice.
The first thing I'll do is get away and stay from you.**

'Cause it's the only way I'll get better, and I really want to get better.
Because I've been acting with a total disregard for my own well-being.
It shouldn't be that hard

Been wondering what's my problem. It's never me, it's always them.

And now's the time to take responsibility, I know what I really need.

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**I'm thinking maybe I could change my body's destiny,
and start listening to my own advice
Then maybe my life could be twice as nice.
The first thing I'll do is get away and stay from you,
'Cause it's the only way I'll get better, and I really wanna get better,
And it's the only way I'll get better, yeah, it's the only way ...**