[Verse 1:]

Back in the days, I had dreams of rapping on stage Imagined listening to radio where my track would get played It's tragic, I never fathomed that the magic will fade Let's take it back to the days when I established my name I was over-hungry for beats, like the melody was something to eat (Bars) a hundred a week was nothing to me As long as I had something deep to crush a sucker MC I won battles but in a couple I fumbled, suffered defeats I was grinding hard, way harder than other artists did At 17, on Choice FM, I went bar for bar with swiss lyrics for 45 minutes Ready and prepared No lie, you can ask anybody that was there Simple and plain, my CD got critical acclaim I began to build an official position in the game Quicker than I could think, I was fulfilling all my aims I miss them days, now it's difficult 'cause shit isn't the same

[Chorus:]

Everything that goes up must come down
I was alright before, but I'm fucked up now
Got a bit of success, didn't like it at all
It's time that I document my rise and my fall
If it's not your destiny then it's not meant to be
In the mirror, face to face with my worst enemy
Got a bit of success, didn't like it at all
It's time that I document my rise and my fall

[Verse 2:]

Before volume 2 dropped, my brother died I never stopped, I just carried on busting rhymes Putting on a brave face but it was still tough at night I couldn't sleep 'cause my nightmares were nothing nice Volume 2 came out, got live in the press Regardless, I was still stressed and fucking depressed More successful, the more I felt stuck in a web Pain ate away at my soul 'till nothing was left There were rumors about, I heard a dirty sound They even tried to say that Chancers turned me down Everyday, they were on the phone, tryna get me on that show 'Till I had to tell 'em straight, look, I didn't wanna go I didn't wanna blow Had nothing to prove bruva In '05 I won an award for best new comer But that shits all irrelevant They say the only thing worse than not getting what you wish for Is getting it

[Chorus:]

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[Verse 3:] I just can't handle the chins wagging And the lips chatting My issues had me making decision to quit rapping It's funny (why?) 'Cause that almost really did happen I changed my mind everyday Kept zig-zagging But I'm a lyricist, I live for this I tried to stop Got volume 3 off my chest Then hit Writers Block Very pissed, I was getting sick of my topics A pad of paper, I couldn't fill one line of it Seeing rappers in magazines, I know I'm better than Cussing has-beens when really I'm just a never-been Me and my clique would be rich if we were American Those negative times are so clear when I remember them I hope you heard a bar, you could maybe relate with Life's strange, it never remains the same, it changes It wasn't just memories that made me make this 'Cause we all rise and fall on a daily basis...