

THE SEVEN UPS FOR PERSONAL SUCCESS

A daily prescription for self-improvement. Respect yourself, develop a positive approach to life and become successful. A BASIC FORMULA FOR SUCCESSFUL, FULFILLED PERSONHOOD.

R_x - Take one level life-giving, soul inspiring spoonful of 7 Ups everyday.

Follow the daily prescribed dosage:

- Sunday..... "GIVE UP" Give up all your old negative habits. Give up saying, "I can't." Give up doubting. Give up envy, worry and resentment.
- Monday..... "PEP UP" Stop dragging around looking sad. Stop trying to suffer. Pep up! Be enthusiastic. Have a sense of humor. Smile. Put pep in your step and move on up.
- Tuesday..... "THINK UP" If you think down, it will keep you down. Think up. Think positive. "As a man thinketh in his heart, so is he." Think up, not down. There is nothing down but the ground.
- Wednesday... "TALK UP" Repeat these words daily: "I WILL BE A SUCCESS, I CAN LIVE A BETTER LIFE." Talk up. Talk like a winner. Be a winner. TALK UP.
- Thursday..... "TIGHTEN UP". You can take it, even failure, if you will "tighten up" on your life. Don't be at loose ends. Tighten up on your "pie in the sky" living and focus on prosperity now. Tighten up.
- Friday..... "FACE UP" Face up. Don't just sit there. Face the facts! Save yourself from a do nothing life. Don't nurse your troubles. "Troubles, like babies, grow larger when you nurse them."
- Saturday..... "STAND UP" "You must stand for something or you will fall for anything." Stand up on the 7-Ups and find a purpose for your life.

NOTE: This daily prescription is especially good in the treatment of a human affliction called "I can't." You can move on up if you will use the 7-Ups everyday. Become a successful, fulfilled person.

I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.....Booker T. Washington

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