



THE SEVEN UPS

1. **Wake Up.** Decide to have a good day each day. Become conscious of your thoughts and behaviors and keep them positive.
2. **Dress Up.** Get up each morning and put on a smile. Be pleasant as you greet those around you. A smile sends positive neurological messages to your brain and will help cause you to feel good.
3. **Hush Up.** Decide to listen. Hear those around you, what they say and what they feel. Take the advice of Thumper's mother, "If you don't have anything nice to say, don't say anything at all."
4. **Stand Up.** Get clear with your values and then live deliberately in integrity. As a friend said, "Stand for something, or you'll fall for anything."
5. **Look Up.** Pay attention to your posture. Looking up and not down helps to keep us out of negative self-talk and encourages us to be in the present moment so that we can be more aware of what is going on around us.
6. **Reach Up.** Realize that you have more potential than for what you give yourself credit. Reach up for something higher. Refuse to settle for mediocrity.
Desire, Aspire, Perspire, then Retire!
7. **Lift Up.** Always lift up yourself and those around you. Look for the discouraged and encourage them. Recognize that we are all role models and leaders. We have to decide what kind of role model and leader we want to be. Choose to be the BEST!