Sit up straight
With your head held high
Start your day
With a random act of kind
Don't forget
To brush your teeth before you rest
And remember to take two blue
Now goodnight

It's your life
It's your life
Yours to do with what you choose
to keep in stride

Heard you say
You're not feeling fine
Why not have
Some more of that nutritious wine
Doctors say
Take two more blue and you'll be ok
See, now don't you feel lovely?
Now goodnight

It's your life
It's your life
Yours to do with what you choose
to keep in stride