Pick yourself up...

Take a deep breath...

Dust yourself off

And start all over again.

Nothing's impossible, I have found For when my chin is on the ground. I pick myself up, Dust myself off And start all over again.

Don't lose your confidence
If you slip
Be grateful for a pleasant trip
And pick yourself up,
Dust yourself off
And start all over again.

Work like a soul inspired Until the battle of the day is won. You may be sick and tired, But you'll be a man, my son.

Will you remember the famous men Who had to fall to rise again They picked themselves up Dust themselves off And start'd all over again.

[Interlude]

Work like a soul inspired
Till the battle of the day is won.
You may be sick and tired,
But you'll be a man, my son.

Will you remember the famous men Who had to fall to rise again? So take a deep breath... Pick yourself up... Dust yourself off And start all over again.