

## *PROMISE YOURSELF*

*To be so strong that nothing can disturb your peace of mind.*

*To talk health, happiness, and blessings to every person you meet.*

*To make all your friends feel that there is something in them.*

*To look at the sunny side of everything and make your hopefulness come true.*

*To think only of the best, to work only for the best, and to expect only the best.*

*To be just as excited about the success of others as you are about your own.*

*To forget the mistakes of the past and press on to the greater achievements of the future.*

*To wear a cheerful nature at all times and give every living creature you meet a smile.*

*To give so much time to the improvement of yourself that you have no time to criticize others.*

*To be too large for worry, too decent for anger, too strong for fear, and too happy to permit trouble.*

*Optimist International*