

The Optimist Creed

By Christian Larson

Promise Yourself

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

To *talk health, happiness and prosperity* 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 optimism come true.

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

To be just as *enthusiastic* 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 countenance* 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 noble for anger, too strong for fear, and too happy to permit the presence of trouble.