



I promise myself

- To be so strong that nothing can disturb my peace of mind.
- To talk health, happiness, and prosperity to every person I meet.
- To make all my friends feel that there is something worthwhile in them.
- To look at the sunny side of everything and make my 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 I am about my own.
- To forget the mistakes of the past and press on to the
greater achievements of the future.
- To wear a cheerful expression at all times and give a smile
to every living creature I meet.
- To give so much time to improving myself that I
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.
- To think well of myself and to proclaim this fact to the world,
not in loud words, but in great deeds.
- To live in the faith that the whole world is on my side,
so long as I am true to the best that is in me.

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