

# The Optimist Creed

## 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.

