

# 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.

