

# The Optimist's Creed

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 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 countenance at all times and  
give every living creature I meet a smile.

To give so much time to the improvement of 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.

1912, by Christian Larson

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