



Promise Yourself

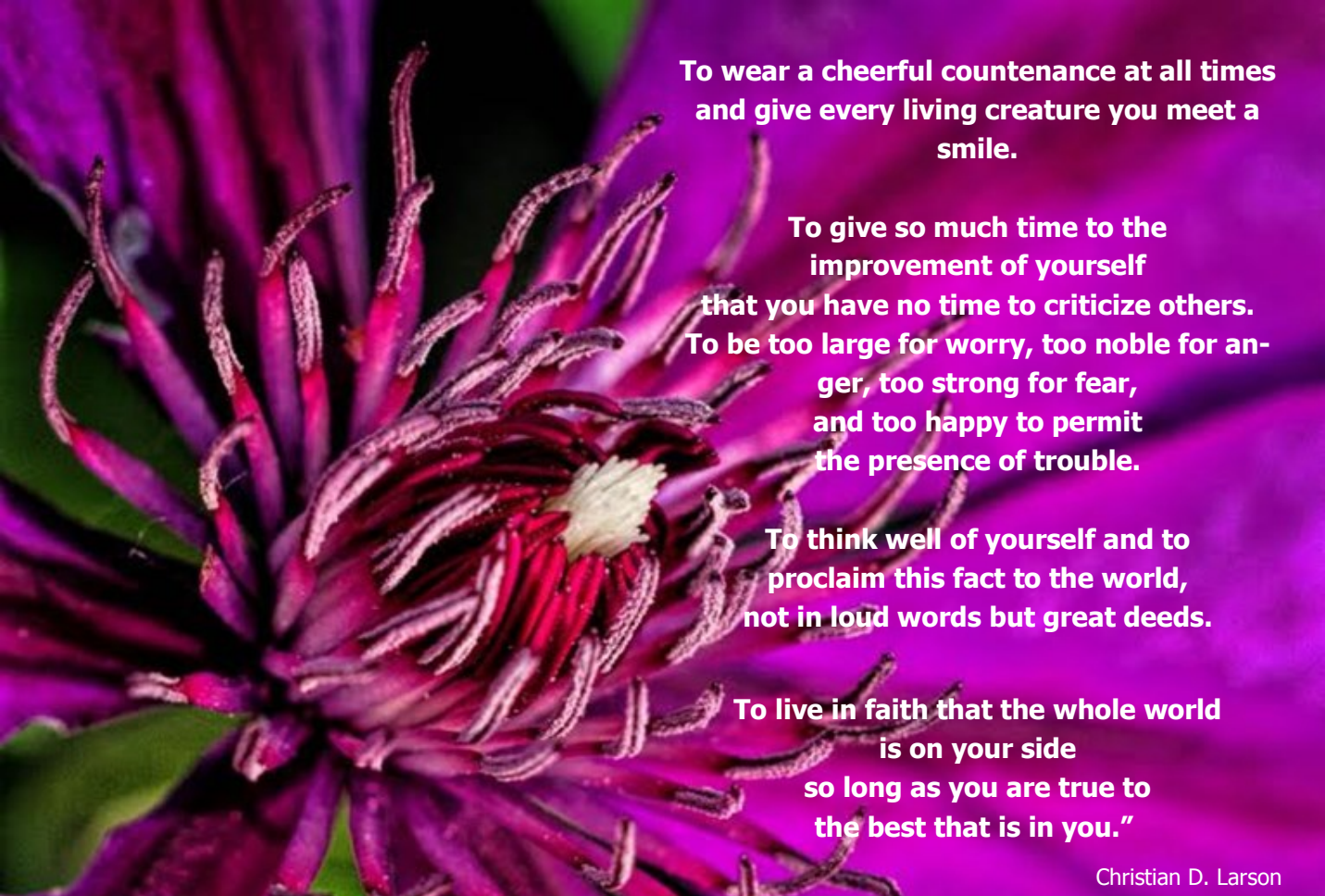
**To be so strong that nothing can disturb your peace of mind.
To talk health, happiness, and prosperity to every person you meet.**

**To make all your friends feel that there is something good in them.
To look at the sunny side of everything and make your optimism come true.**

**To think only 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.**

To think well of yourself and to proclaim this fact to the world, not in loud words but great deeds.

**To live in faith that the whole world is on your side
so long as you are true to the best that is in you."**