



# 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.