**The Optimist’s Creed**

I promise myself...

To think only of the best, to work only for   
the best, and expect only the best

To talk health, happiness and prosperity to   
every person I meet

To wear a cheerful countenance at all times   
and give every living creature I meet a smile

To be just as enthusiastic about the success   
of others as I am about my own

To look at the sunny side of everything and   
to make my optimism come true

To make all my friends feel that there is   
something in them

To forget the mistakes of the past and press   
on to the greater achievements of the future

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

.....because my attitude is my life