

# 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 your self 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.



Optimist  
International

