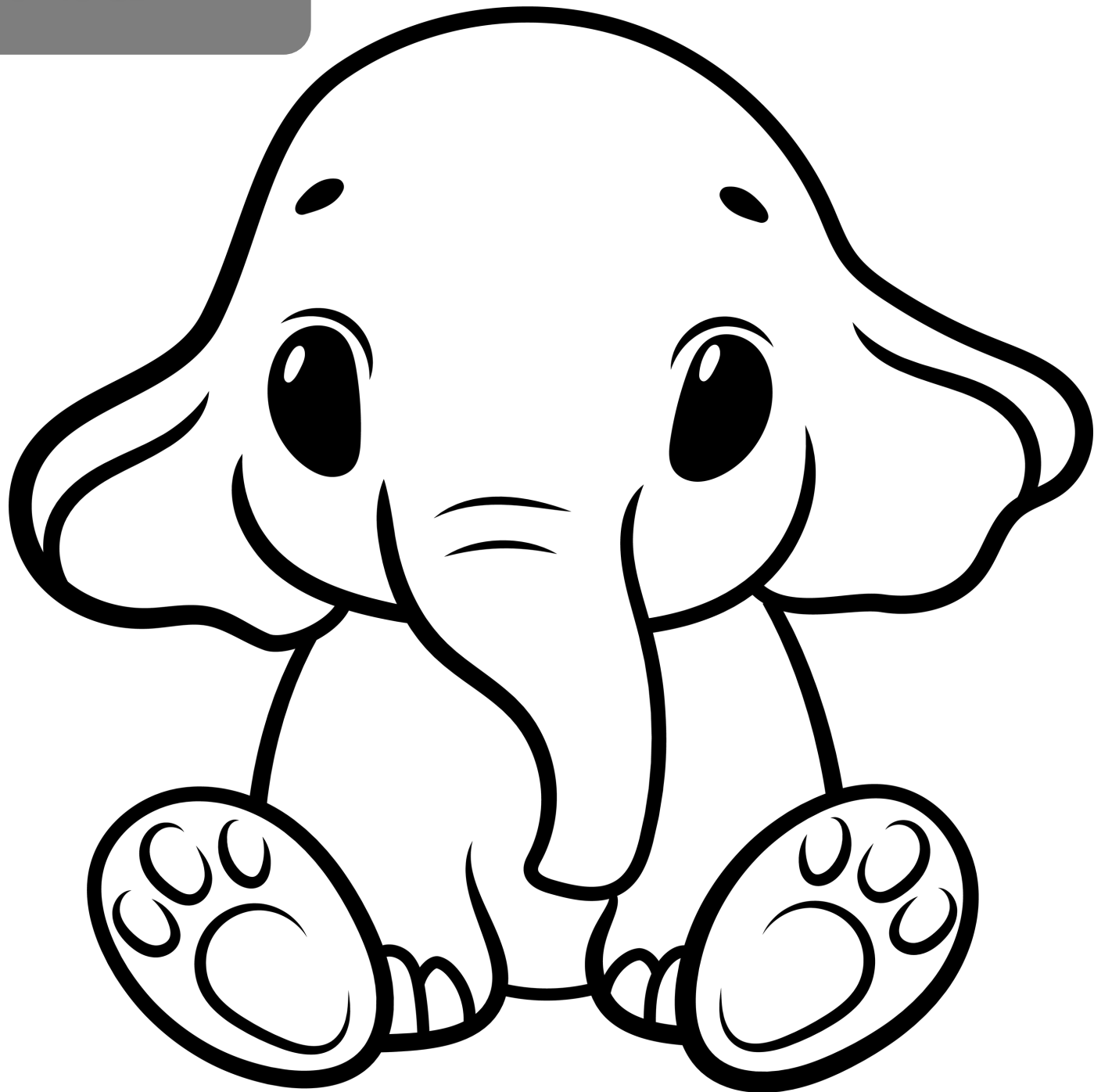
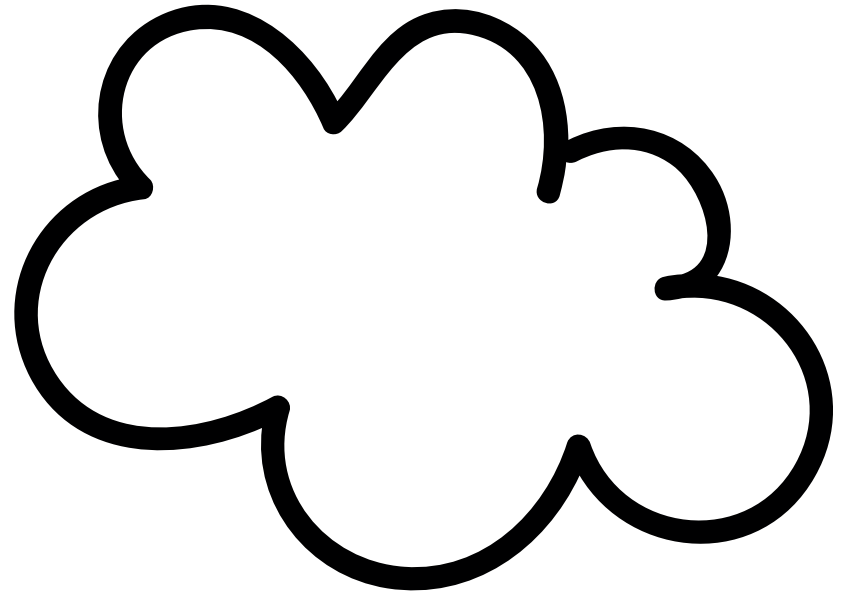
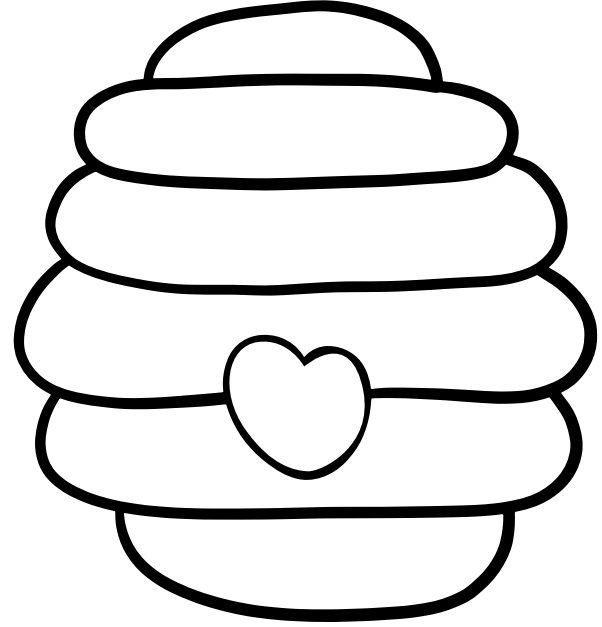
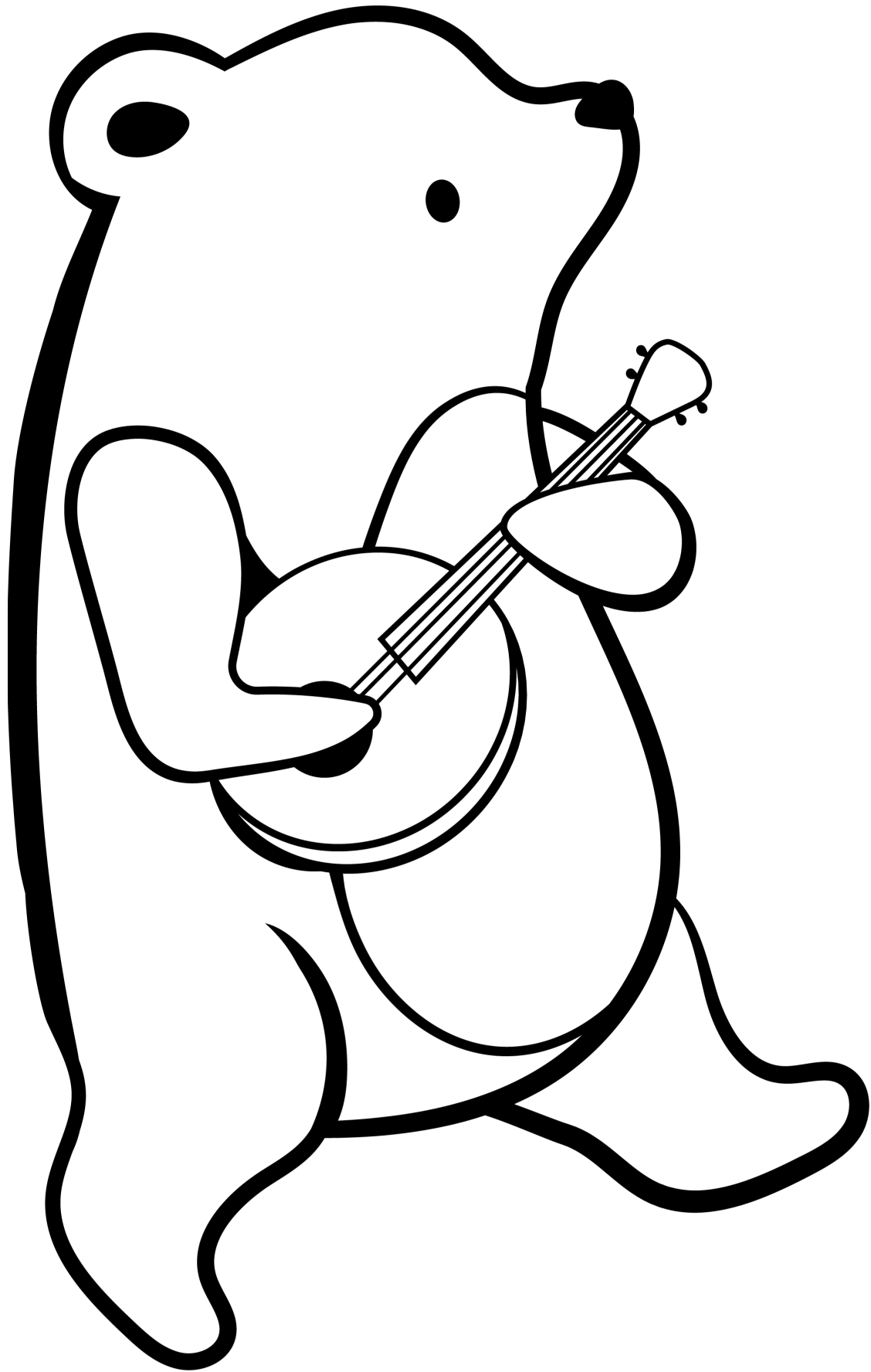


Promise Yourself

TO BE SO
STRONG THAT
NOTHING CAN
DISTURB
YOUR PEACE
OF MIND.





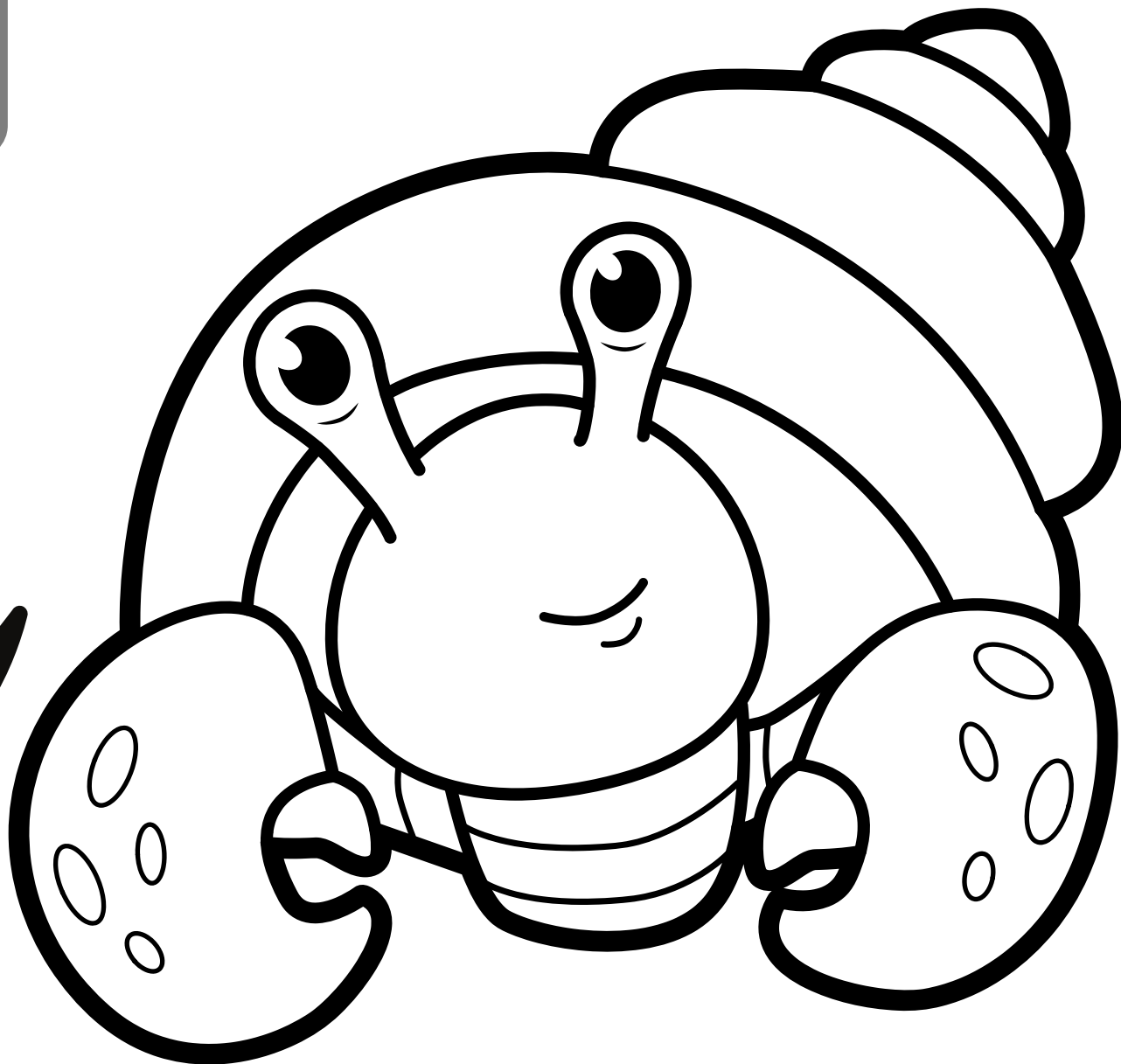
Promise Yourself

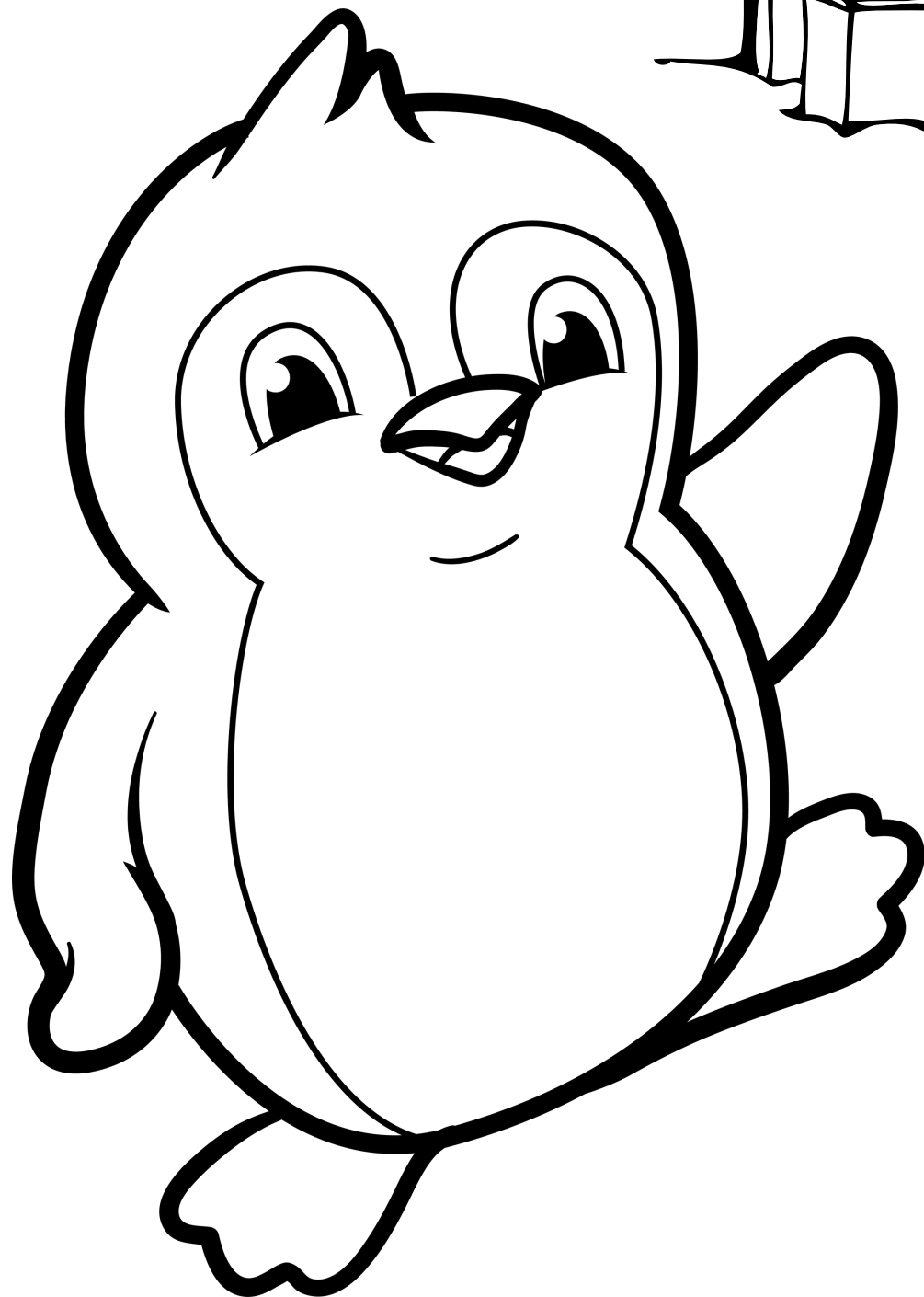
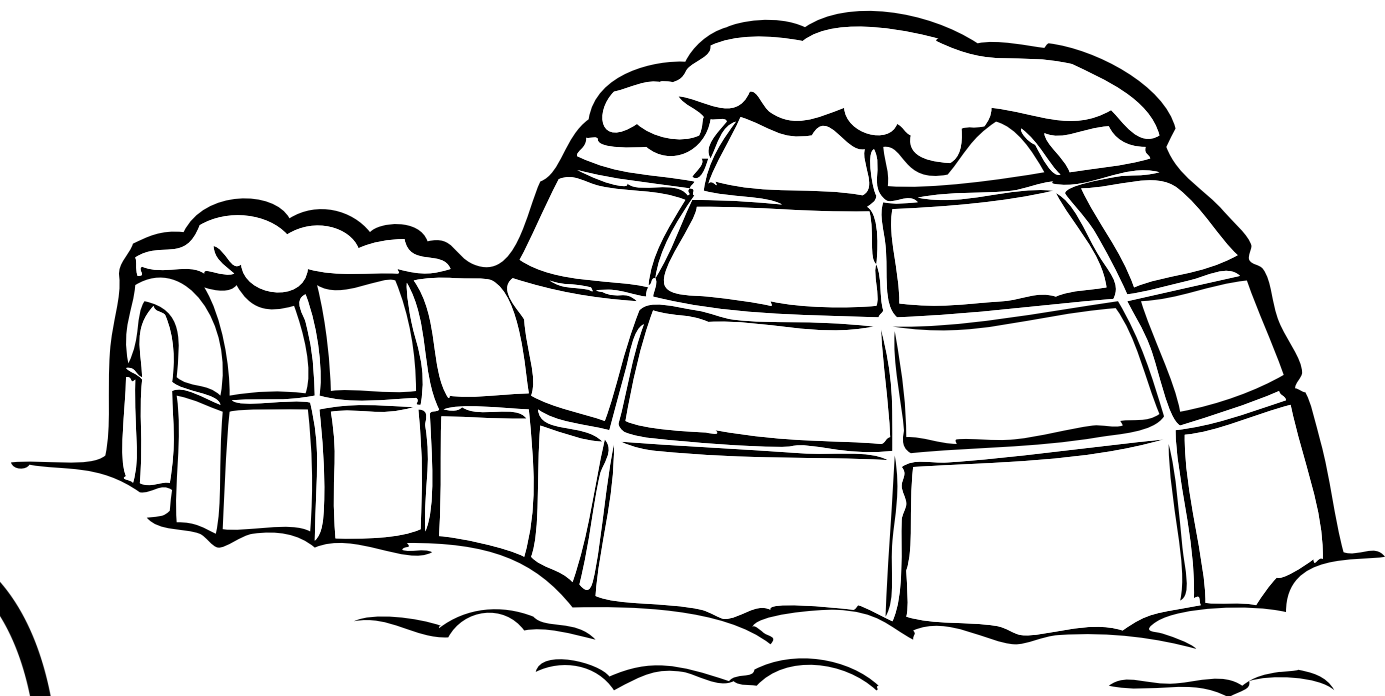
TO TALK HEALTH,
HAPPINESS AND
PROSPERITY TO
EVERY PERSON
YOU MEET.



Promise Yourself

TO MAKE ALL
YOUR FRIENDS
FEEL THAT THERE
IS SOMETHING IN
THEM.



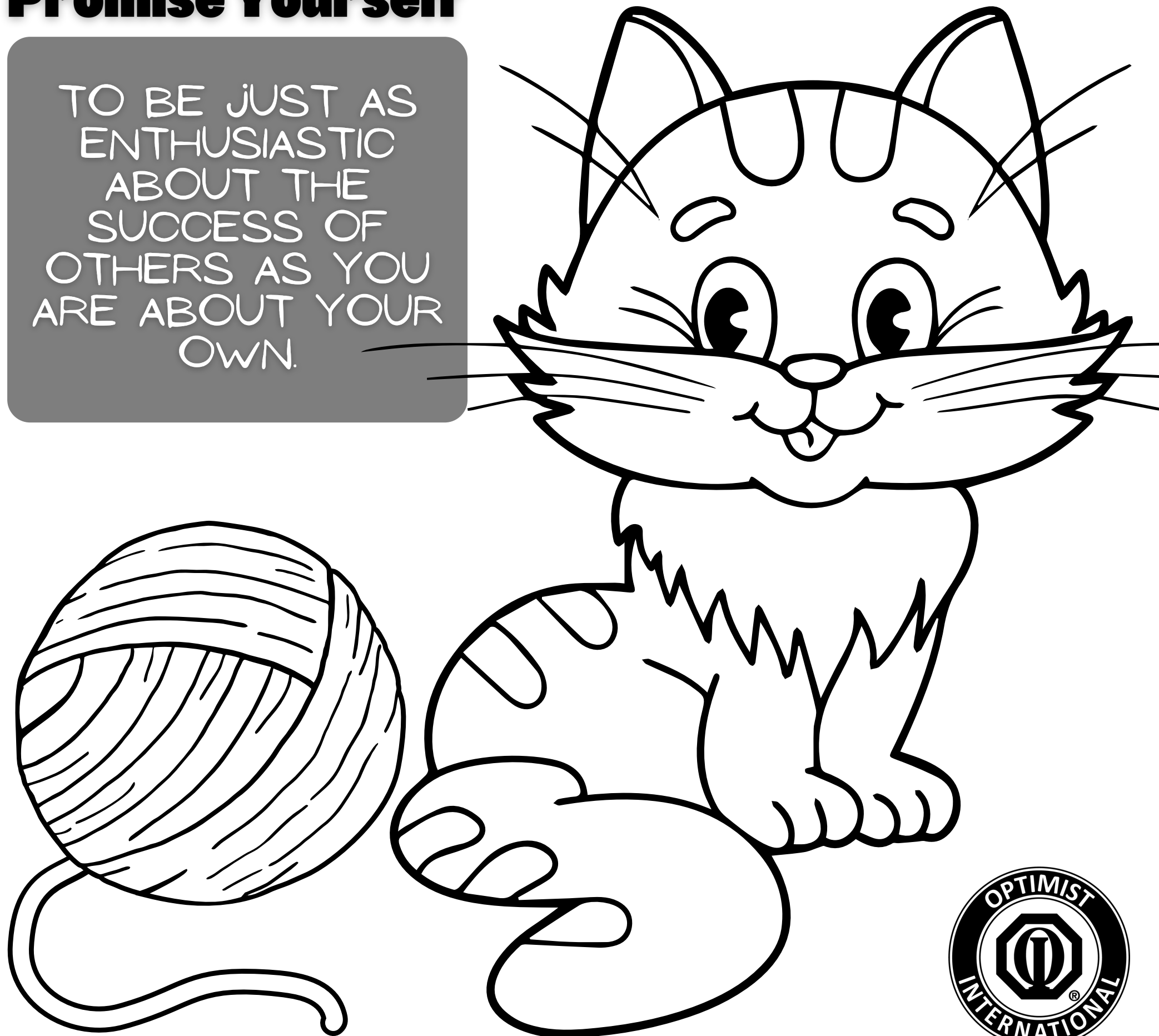


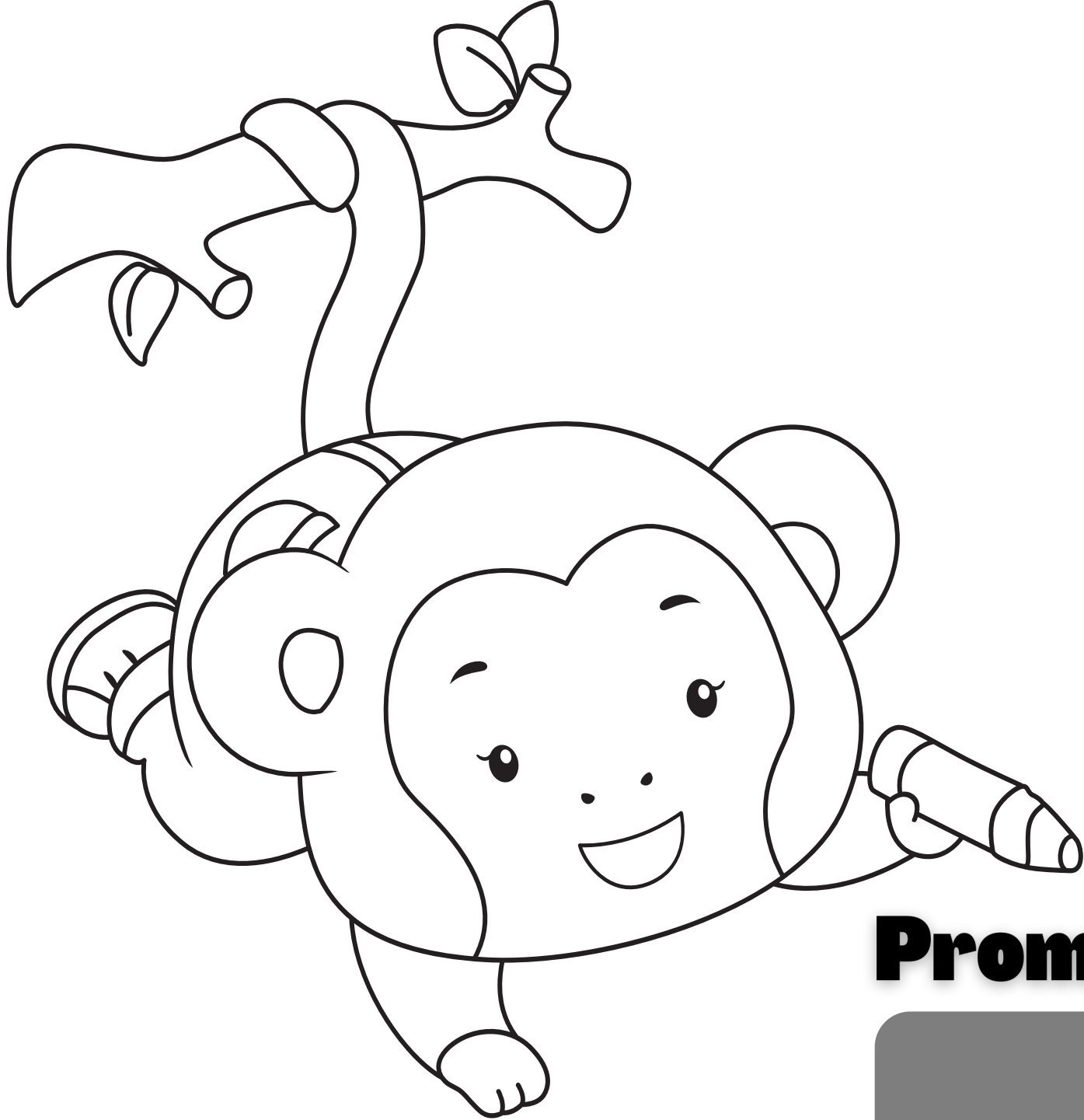
Promise Yourself

TO LOOK AT
THE SUNNY
SIDE OF
EVERYTHING
AND MAKE
YOUR OPTIMISM
COME TRUE.

Promise Yourself

TO BE JUST AS
ENTHUSIASTIC
ABOUT THE
SUCCESS OF
OTHERS AS YOU
ARE ABOUT YOUR
OWN.

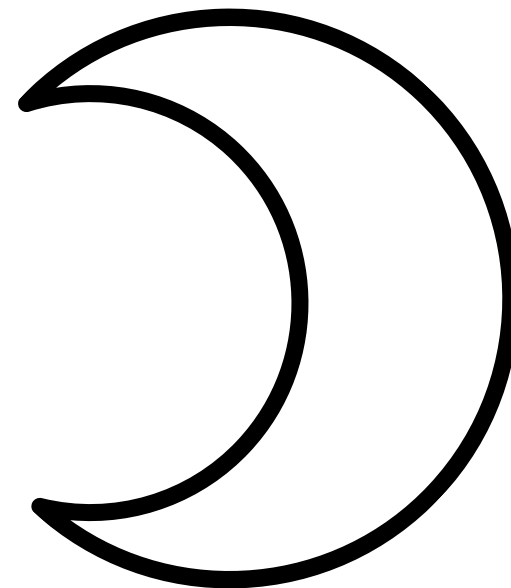




Promise Yourself

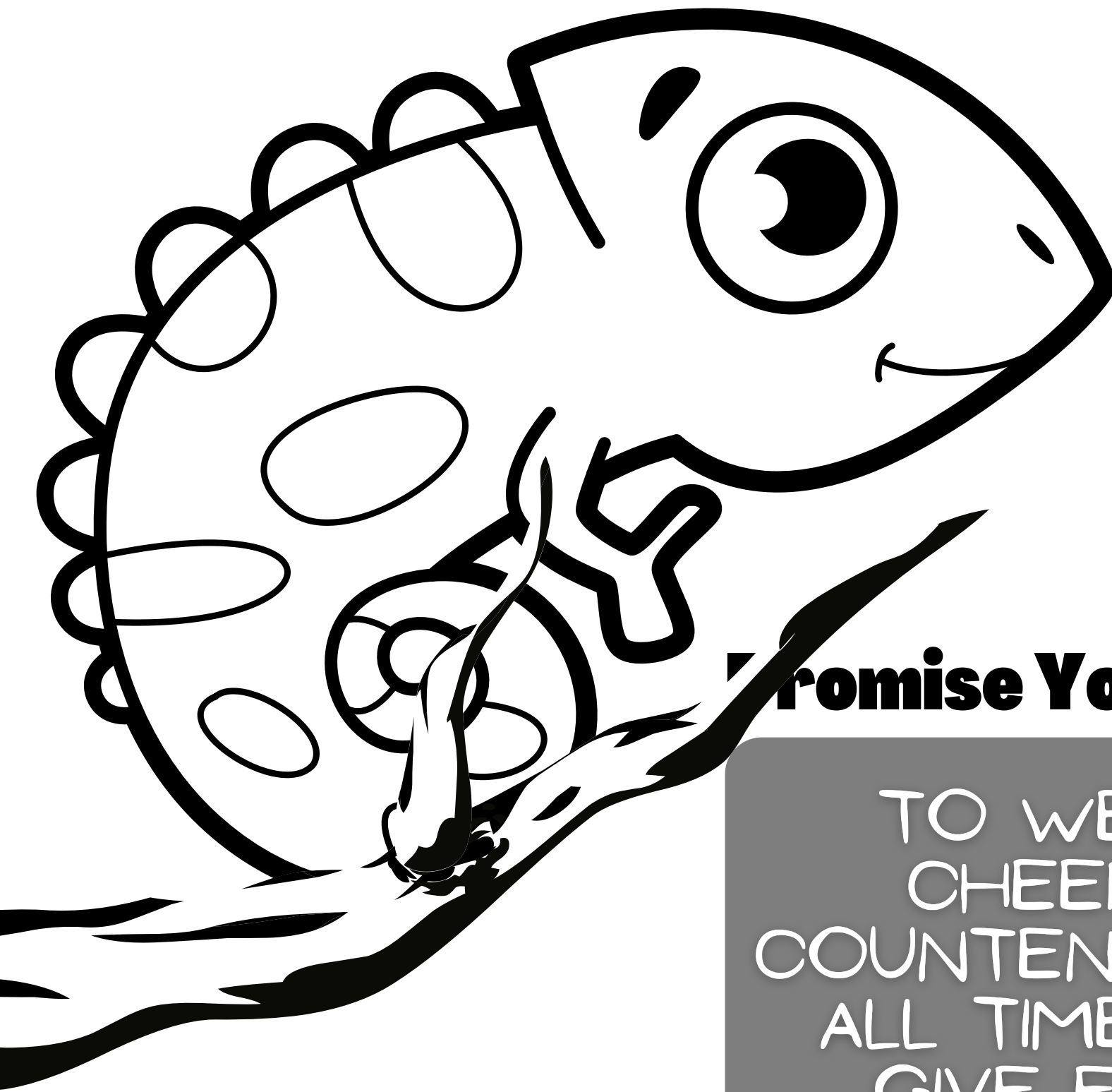
TO THINK ONLY
OF THE BEST, TO
WORK ONLY FOR
THE BEST, AND
TO EXPECT ONLY
THE BEST.





Promise Yourself

TO FORGET THE
MISTAKES OF THE
PAST AND PRESS
ON TO THE
GREATER
ACHIEVEMENTS
OF THE FUTURE.



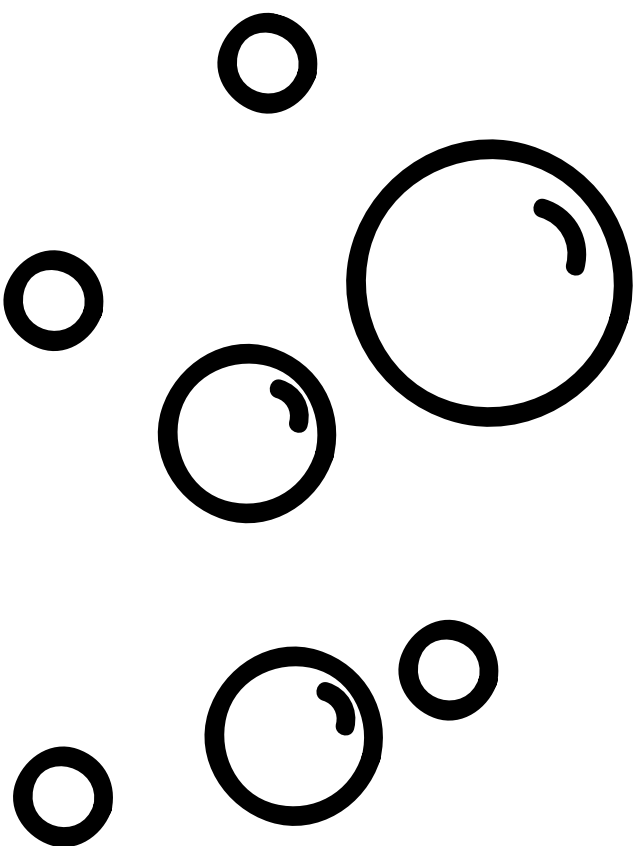
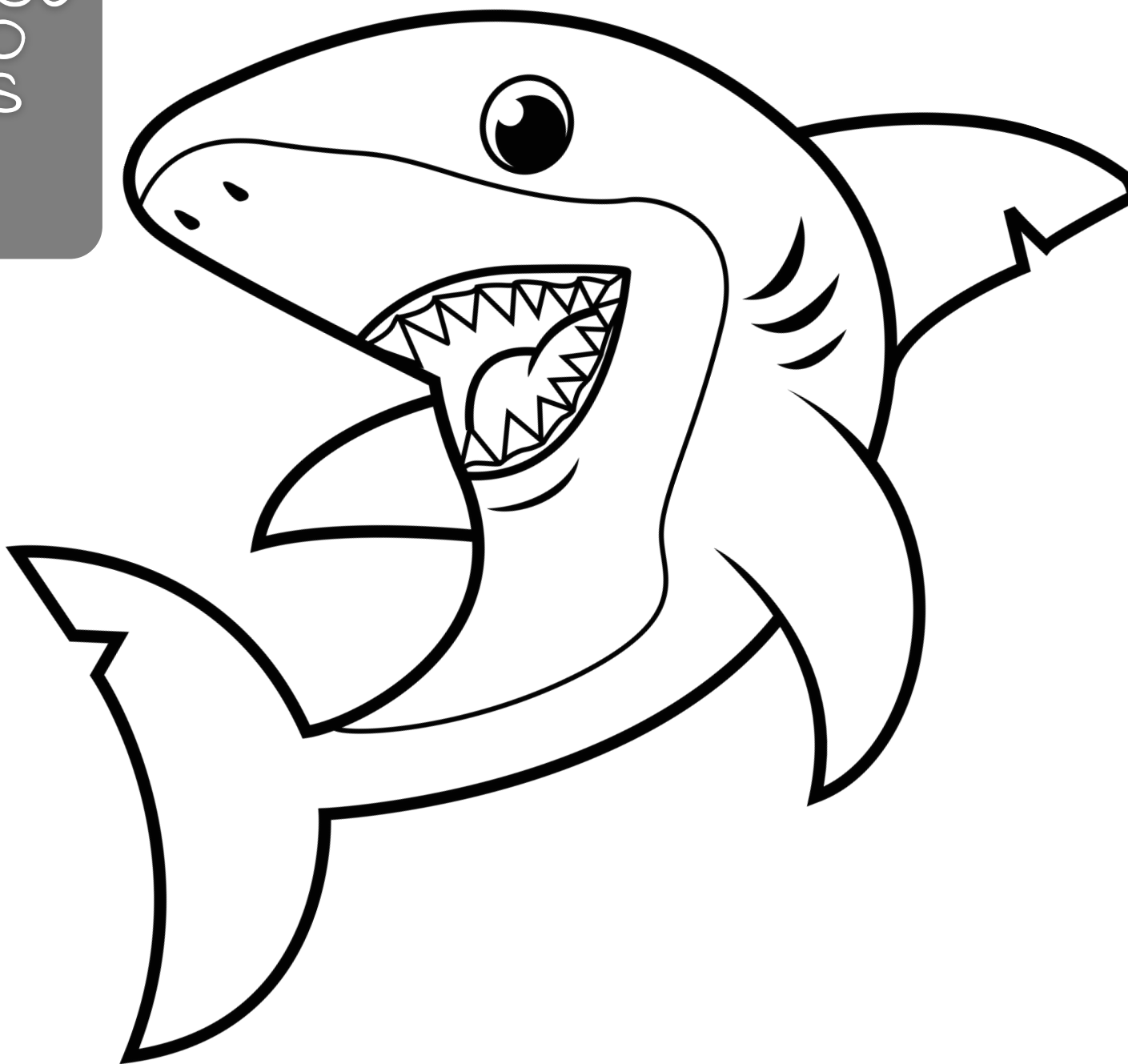
Promise Yourself

TO WEAR A
CHEERFUL
COURTENANCE AT
ALL TIMES AND
GIVE EVERY
LIVING CREATURE
YOU MEET A
SMILE.



Promise Yourself

TO GIVE SO MUCH
TIME TO THE
IMPROVEMENT OF
YOURSELF THAT YOU
HAVE NO TIME TO
CRITICIZE OTHERS



Promise Yourself

TO BE TOO LARGE FOR
WORRY, TOO NOBLE FOR
ANGER, TOO STRONG
FOR FEAR, AND TOO
HAPPY TO PERMIT THE
PRESENCE OF TROUBLE.

