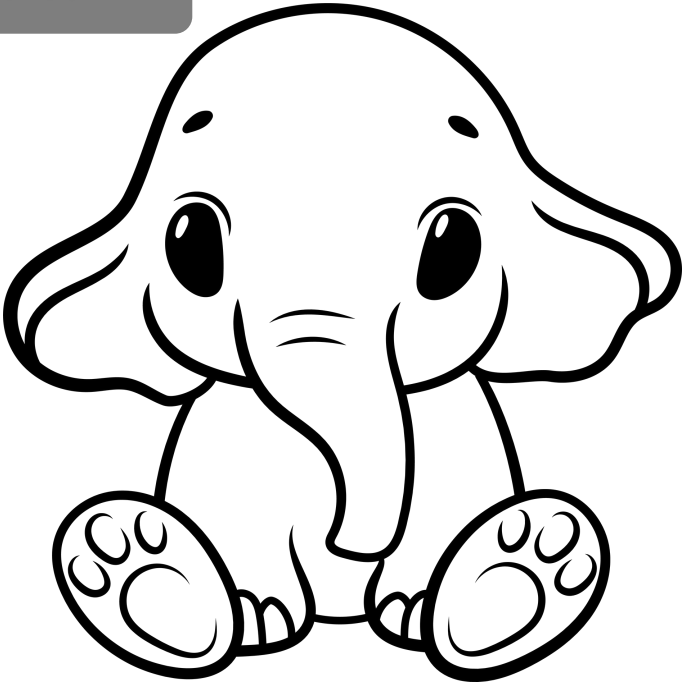
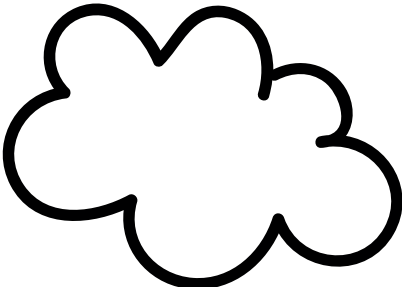
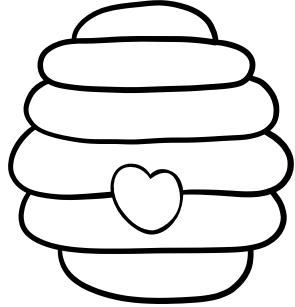
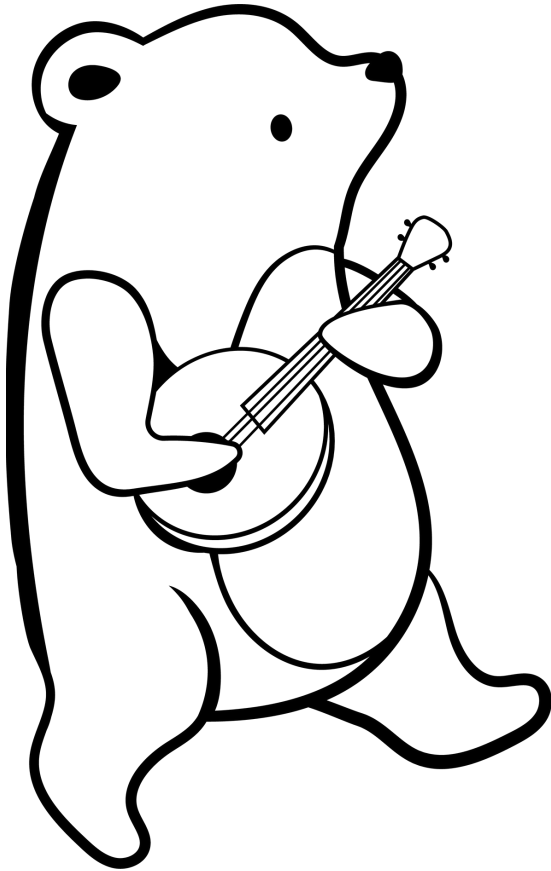


**Promise Yourself**

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





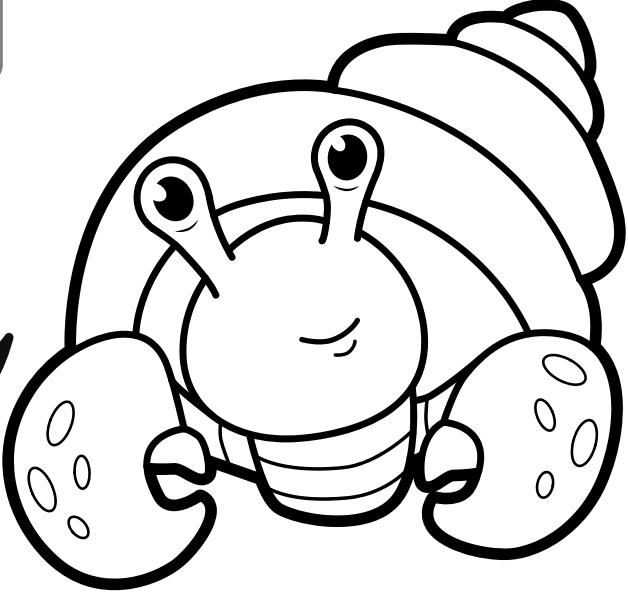
## **Promise Yourself**

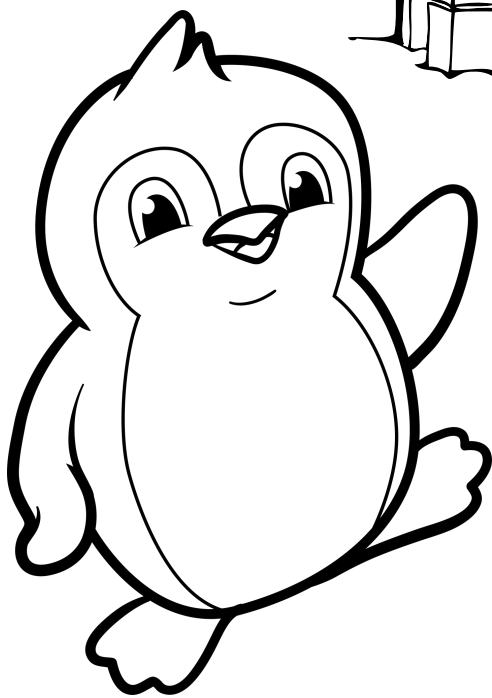
TO TALK HEALTH,  
HAPPINESS AND  
PROSPERITY TO  
EVERY PERSON  
YOU MEET.



# Promise Yourself

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





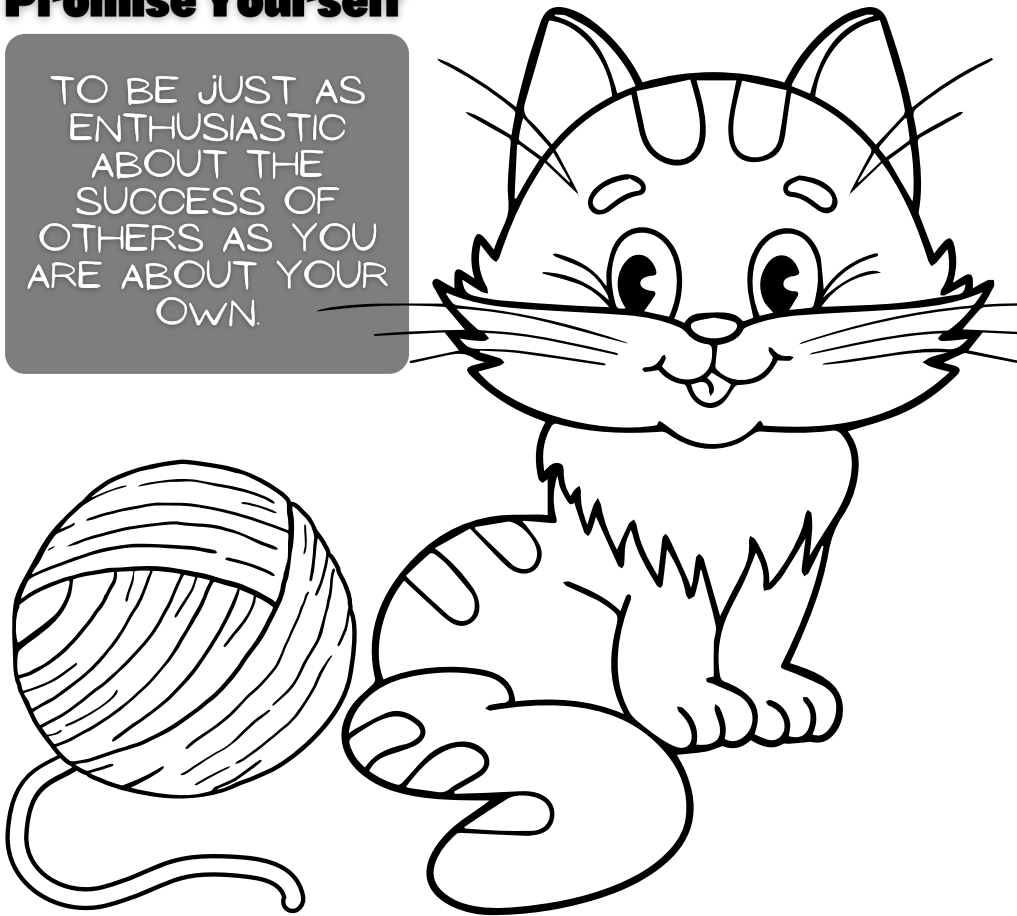
**Promise Yourself**

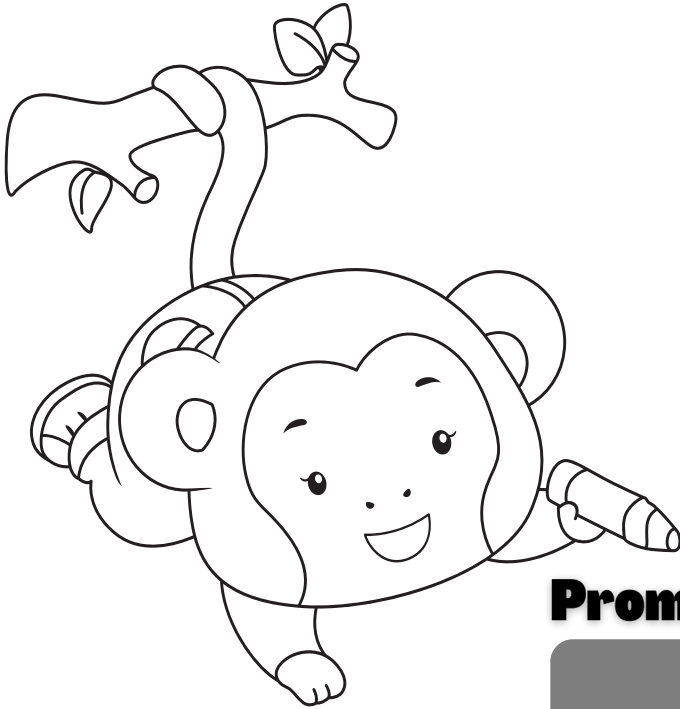
TO LOOK AT  
THE SUNNY  
SIDE OF  
EVERYTHING  
AND MAKE  
YOUR OPTIMISM  
COME TRUE.



## 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.

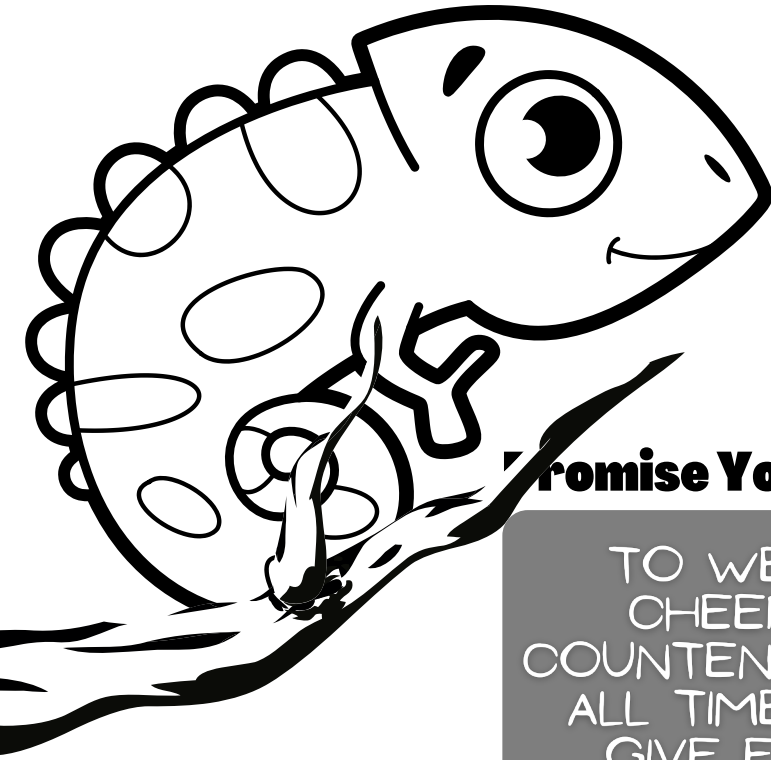




**Promise Yourself**

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





## **Promise Yourself**

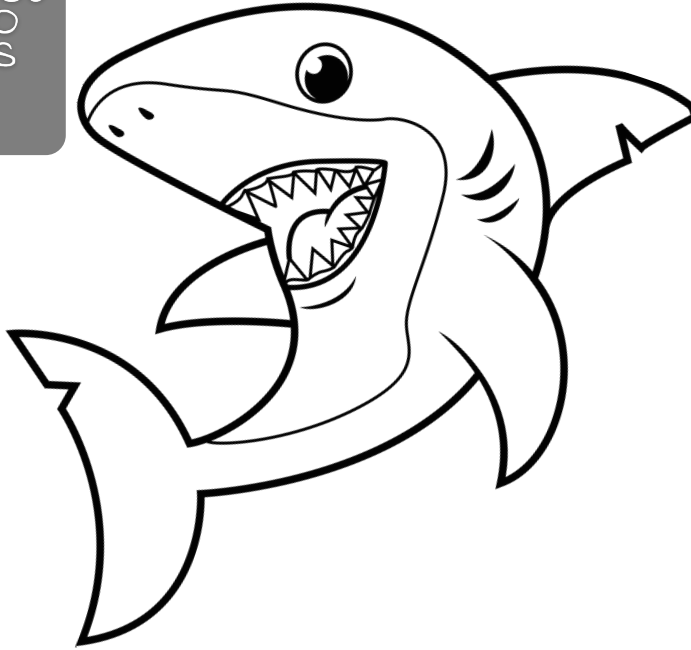
TO WEAR A  
CHEERFUL  
COURTEOUSNESS AT  
ALL TIMES AND  
GIVE EVERY  
LIVING CREATURE  
YOU MEET A  
SMILE.





## 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.

