



## MY MO...

"As a child, we recited the Pledge of Allegiance each day in school. Sometimes with gusto, sometimes dogmatically and most times anxious to get on with our day! Over time it was woven into our minds and hearts and became an intrinsic part of who we are as Americans. As Optimists, we recite the Creed in much the same way as we did the pledge. Not always thinking about the tenets or how they help define our character, our interpersonal relationships, stress management and ability to meet the challenges in our lives. The Creed becomes woven into our minds and hearts and we smile more, applaud more, reach out more and have a greater peace of mind each day.

An automatic answer to my reasons for being an Optimist might have been "I truly like working with kids." However, I've realized that developing Optimism as a philosophy of life through the power of the Creed is what has impacted who I am, how I respond to others and how I meet challenges each day. Somehow, we absorb the Creed through our weekly recitation, and it moves from extrinsic recitation to an intrinsic part of our being."

— Ruth Nelson, International Vice President, Southwest Region

"I was privileged to be a Charter Member of the Optimist Club of Senoia in 1985. One of the reasons I joined was that it looked like it would be a great way for me to give back to the people and the community that had given so much to me. The organization's motto of "Friend of Youth" was definitely appealing, too.

One of our early service projects was "Kids Helping Kids" at Christmas. Seeing the faces of the children and parents who received gifts from others helped me to realize that we were giving back in a way that was needed and appreciated by so many. Our Optimist Club has gone on to do many great service projects. Many of our fundraisers are also special community events that people seem to really enjoy. Serving as a Member of an Optimist Club has helped us to "bring out the best in kids," while also bringing out the best in me."

— Hal Sewell, Georgia District Governor



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Please share your "MO" or the reasons why you are an Optimist. Send your responses to [magazine@optimist.org](mailto:magazine@optimist.org).



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