



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 *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 *a smile*.

To give so much time to the improvement of yourself 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