

# I PROMISE MYSELF

- To be so strong that nothing can disturb my peace of mind.
- To talk health, happiness, and prosperity to every person I meet.
- To make all my friends feel that there is something worthwhile in them.
- To look at the sunny side of everything and make my 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 I am about my own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheerful expression at all times and give a smile to every living creature I meet.
- To give so much time to improving myself that I 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.
- To think well of myself and to proclaim this fact to the world, not in loud word, but in great deeds.
- To live in the faith that the whole world is on my side, so long as I am true to the best that is in me.

--Christian D. Larson