**I promise myself...**

*To be so strong that nothing can disturb my peace of mind...*  
*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 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 achievement of the future....*  
*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 proclaim this fact to the world, not in loud words but in great deeds.*  
*And 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.*