



OPTIMIST INTERNATIONAL NEPAL



**BRINGING OUT
THE BEST**

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 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 meet 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.

Nepal District of Optimist International