

Your life will take on a new flavor if you can do the following:

- If you can start the day without caffeine.
- If you can get going without pep pills.
- If you can always be cheerful and ignore aches and pains.
- If you can resist complaining and boring people with your troubles.
- If you can understand when your loved ones are too busy to give you any time.
- If you can overlook it when those you love take it out on you when, through no fault of yours, something goes wrong.
- If you can take criticism and blame without resentment.
- If you can ignore a friend's limited education and never correct him.
- If you can resist treating a rich friend better than a poor friend.
- If you can conquer tension without help.
- If you can relax without liquor.
- If you can sleep without the aid of drugs.
- If you can say honestly that deep in your heart you have no prejudice against creed, color, religion or politics.

