

DESIDERATA

- Go placidly amid the noise and the haste, and remember what peace there may be in silence.
- As far as possible, without surrender, be on good terms with all persons.
- Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.
- Avoid loud and aggressive persons - they are vexatious to the spirit.
- If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.
- Enjoy your achievements as well as your plans.
- Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.
- Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.
- Be yourself. Especially do not feign affection.
- Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass.
- Take kindly the counsel of the years, gracefully surrendering the things of youth.
- Nurture strength of spirit to shield you in sudden misfortune.
- But do not distress yourself with dark imaginings.
- Many fears are born of fatigue and loneliness.
- Beyond a wholesome discipline, be gentle with yourself.
- You are a child of the universe no less than the trees and the stars; you have a right to be here.
- And whether or not it is clear to you, no doubt the universe is unfolding as it should.
- Therefore be at peace with God, whatever you conceive Him to be.
- And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world.
- Be cheerful. Strive to be happy.

Max Ehrmann (1872-1945)