

## *Nine Promises that Can Bring You Happiness*

*By Coach John Wooden*

*Promise yourself that you will talk health, happiness, and prosperity as often as possible*

*Promise yourself to make all your friends know there is something in them that is special and that you value*

*Promise to think only the best, to work only for the best, and to expect only best in yourself and others*

*Promise to be just as enthusiastic about the success of others as you are about your own*

*Promise yourself to be strong that nothing can disturb your peace of mind*

*Promise to forget the mistakes of the past and press on to greater achievements in the future*

*Promise to wear a cheerful appearance at all times and give every person you meet a smile*

*Promise to give so much time to improving yourself that you have no time to criticize others (like this one best)*

*Promise to be too large for worry, too noble for anger, too strong for fear, and too happy to permit trouble to press on you*