

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, 1948