

## **Life's Creed: Virginia M. Love (1922-2008)**

**When you wake of a morning you wash your body,  
You eat breakfast to give you strength for the day;  
Therefore, give your soul its breakfast, and say this  
creed as the day begins:**

**“I want this day to be a happy and successful one. I know that happiness depends on me—my will, my attitude of mind, and not on events. I will adjust myself to whatever happens. If a thing can be helped, I will try to help it; if not, I will make the best of it. I will let my enforced intimacies be as pleasant as possible. I will get along without bickering or strained relations with family or friends or working associates. I will be more honest, prompt and square than business and labor requires; I will be more loyal than friendship requires, more kind than charity requires, and more thoughtful than love requires. I will do someone a good turn that is not expected of me, and neither will I speak derogatory words. I will get all the pleasure possible out of eating, drinking, amusements, and the people I meet. Then, I will go to my resting bed at night glad and satisfied and be able to say that  
I have found life good.”**