

Max Ehrmann's Desiderata (1927)

Desiderata (Latin: "things desired"): Terre Haute, Indiana; lawyer/business man; Harvard

Go placidly amid the noise and 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 the dull and the ignorant;
they too have their story.

Avoid loud and aggressive persons,
they are vexations to the spirit.
If you compare yourself with others,
you may become vain and 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 with your soul.

With all its sham, drudgery, and broken dreams,
it is still a beautiful world.
Be cheerful.
Strive to be happy.

Teddy Roosevelt: "The Man in the Arena"

1910 at Sorbonne/U.of Paris, Pg. 7 of Citizenship in a Republic, 26'th President (1901-1909)

It is not the critic who counts;

not the man who points out how the strong man stumbles,
or where the doer of deeds could have done them better.
The credit belongs to the man who is actually in the arena,
whose face is marred by dust and sweat and blood;
who strives valiantly; who errs,
who comes short again and again,
because there is no effort without error and shortcoming;
but who does actually strive to do the deeds;
who knows great enthusiasms, the great devotions;
who spends himself in a worthy cause;
who at the best knows in the end the triumph of high achievement,
and who at the worst,
if he fails, at least fails while daring greatly,

so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

Benjamin Franklin, 13 Virtues

1726 / 20 years old, Focused on 1/week, created charts, started with temperance

Renowned polymath: author, printer, political theorist, politician, freemason, postmaster, scientist, inventor, civic activist, statesman, and diplomat. As a scientist, major figure in the history of physics for his discoveries and theories regarding electricity. As an inventor, he is known for the lightning rod, bifocals, and the Franklin stove. Libraries, fire station. ... Only Founding Father who is a signatory of all four of the major documents of the founding of the United States: the Declaration of Independence, the Treaty of Alliance with France, the Treaty of Paris and the United States Constitution

Temperance. Eat not to dullness; drink not to elevation.

Silence. Speak not but what may benefit others or yourself; avoid trifling conversation.

Order. Let all your things have their places; let each part of your business have its time.

Resolution. Resolve to perform what you ought; perform without fail what you resolve.

Frugality. Make no expense but to do good to others or yourself; i.e., waste nothing.

Industry. Lose no time; be always employ'd in something useful; cut off all unnecessary actions.

Sincerity. Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.

Justice. Wrong none by doing injuries, or omitting the benefits that are your duty.

Moderation. Avoid extremes; forbear resenting injuries so much as you think they deserve.

Cleanliness. Tolerate no uncleanness in body, cloaths, or habitation.

Tranquillity. Be not disturbed at trifles, or at accidents common or unavoidable.

Chastity. Rarely use venery but for health or offspring, never to dullness, weakness, or the injury of your own or another's peace or reputation.

Humility. Imitate Jesus and Socrates.