

## I Am...

I lived yesterday, living today, and will live tomorrow,  
For as long as one person trusts me, I face no deathblow.  
In eternal darkness, I am your nigHt-light.  
I will give you courage to win a fight.  
I guide you when you're in a desperate need.  
In the beginning of your quest, I'm just a seed.  
Having me by your side is not enough,  
To accomplish your goals, yOu also need to be tough.  
Though I will give you the strength to fulfill your goal.  
I'm deep within every child's soul.  
I breed in your deePest desire.  
I bring the warmth of a fire.  
My purpose is to keEp you happy,  
It's impossible to exchange or buy me.  
I am priceless,  
Not a business.  
If you hear my name, it makes you feel better.  
To know my name, look in the middle of the words for  
capital letters!

## Optimism

To me optimism is always looking on the bright side.  
You should not frown a lot. If you feel sad look on  
the bright side of the problem or think of your happy place.  
If you do not have a happy place make one. Remember,  
always look at the bright side of things. If you can not change  
the object, change the way you think about it.