

If -

Rudyard Kipling

This great poem discusses the qualities of a good person, and summarizes how we should positively deal with the inevitable life challenges that all of us face.

****See Poem on Page 2 Below****

Key Takeaways

- Be confident about decisions you make, and always take responsibility for them
- Do not lower yourself to the negativity of some of those around you. Be patient with them and encourage them. But stay humble and never think you are above anyone else
- OK to dream, but dreams shouldn't control your life.
- Thinking is a good thing, but it's important to put those thoughts into action.
 - Thinking outside the box – Yes
 - But what's important is stepping outside the box – Take a risk.
- You'll never get the best fruit if you are afraid to go out on a limb, so don't be afraid to take a risk. If you lose some or everything, that's ok. Don't talk or worry, just start fresh again.
- When you experience the highs and lows of life, don't take either too seriously. They do not represent you; they are extremes.
- Never quit. Know that when you push yourself to the limit, when you are exhausted, you can do more. Focus your mind and your will to push through and move forward.
- Be confident and avoid group think. Know yourself and your beliefs, and do not let others alter what you know to be right, wrong, moral, or immoral. When you serve with and advise power and influence, stay committed to your character and your soul. Don't lose touch with either.
- Be credible and stay reliable, so others can depend on you. But never let others become dependent on you. Lead them!
- Live every single minute of every single day like it is your last. Don't worry, be anxious, or compare yourself with others. Simply live life to its fullest.

***If you do these things, and show a humble sense of gratitude in the face of all circumstances – good or bad – then the world is yours. So take it!**

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by Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!