

# Inner Strength



Somebody sent this to me long ago. I think it's too good to forget. ☐

If you can start the day without caffeine or pep pills,  
If you can be cheerful, ignoring aches and pains,  
If you can resist complaining and boring people with your troubles,  
If you can eat the same food everyday and be grateful for it,  
If you can understand when loved ones are too busy to give you time,  
If you can overlook when people take things out on you when, through no fault  
of yours, something goes wrong,  
If you can take criticism and blame without resentment,  
If you can face the world without lies and deceit,  
If you can conquer tension without medical help,  
If you can relax without liquor,  
If you can sleep without the aid of drugs,  
If you can do all these things .....

Congratulations! You have risen to the level of the family dog.