

# DESIDERATA

written in 1927 by  
Max Ehrmann (1872-1945)

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 & clearly;  
and listen to others,  
even the dull & ignorant;  
they too have their story.

Avoid loud & aggressive persons,  
they are vexations to the spirit.  
If you compare yourself with others,  
you may become vain & 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 future 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 & disenchantment  
it is 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 imaginings.  
Many fears are born of fatigue & loneliness.  
Beyond wholesome discipline,  
be gentle with yourself.

You are a child of the universe,  
no less than the trees & 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 labours & aspirations,  
in the noisy confusion of life keep peace with your soul.  
With all its sham, drudgery & broken dreams,  
it is still a beautiful world.

Be cheerful.

Strive to be happy.