



"Don't be gloomy. Do not dwell on unkind things. Stop seeking out the storms and enjoy more fully the sunlight. Even if you are not happy, put a smile on your face.

'Accentuate the positive'. Look a little deeper for good. Go forward in life with a twinkle in your eye and a smile on your face, with a great and strong purpose in your heart. Love life."

- Gordon B. Hinckley

