

Promise Yourself

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best; to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to



Optimist Programs and Community Projects

JUNIOR OPTIMIST OCTAGON INTERNATIONAL (JOOI)

As a teen, did you have a venue to learn skills such as citizenship, teamwork, communication, self-esteem and leadership? Kids today do! Thanks to the Optimists' JOOI program more than 17,000 young people each year learn the importance of volunteerism and giving of one's self. As a result, teens report feeling an improved sense of kindness, increased awareness for those in need, and a better sense of coping with cultural diversity. Start a JOOI Club today!



CHILDHOOD CANCER CAMPAIGN

Optimists have become a champion for those dealing with childhood cancer! Through this new, unique program, Optimists are building awareness of the disease that kills more children than any other. In addition, Members provide support for children with cancer and their families, and support research to find a cure. Find out how you can help today!



YOUTH APPRECIATION WEEK

Build local students' self-esteem! Recognize their talents in the arts, athletics, academics and their contributions to the community. How? By celebrating Youth Appreciation Week! To honor local youth, Optimists have successfully hosted swim parties, sponsored crazy bowls, planned youth lock-ins, chaperoned field trips, and provided funds for school supplies. This program encompasses anything that makes a difference in the life of a young person.



COMMUNICATION CONTEST FOR THE DEAF AND HARD OF HEARING (CCDHH)

The CCDHH contest provides an opportunity for young people who are deaf and hard of hearing to communicate in a public forum while developing valuable skills and confidence. The Optimist International Foundations annually fund a \$1,500 scholarship for each Optimist International District. Many Districts donate an additional \$1,500 to the Foundations in order to provide a second scholarship.



ORATORICAL CONTEST

As Optimist International's oldest program, this contest allows young adults to gain experience in public speaking, on a pre-assigned topic. Optimist Districts have the opportunity to provide two \$1,500 college scholarships or a first place scholarship of \$1,500, second place scholarship of \$1,000 and a third place scholarship of \$500.



OPTIMIST JUNIOR GOLF PROGRAM

As one of junior golf's most prestigious events, the Optimist International Junior Golf Championships provides a unique opportunity for junior golfers from around the globe. Every year thousands of golfers ages 10 to 18 compete in local Optimist qualifying tournaments, with top finishers advancing to The Optimist. In addition, the Tournament of Champions is an invitational event for those golfers ages 14 to 18 who were top finishers in Optimist qualifying tournaments and The Optimist. Past Optimist junior golf participants include Tiger Woods, Michelle McGann and Phil Mickelson.



KIDS SPEAK OUT

This program prepares elementary children for future Oratorical competitions. Although winners are normally selected, emphasis is placed on making all contestants feel like a winner just for participating!



ESSAY CONTEST

This contest presents young people the opportunity to write about their opinions regarding the world in which they live. Optimist International awards each District contest winner a \$650 scholarship for advanced education. Essays are judged at the international level, and a first, second and third place scholarship is awarded.



RESPECT FOR LAW WEEK/DAY OF NON-VIOLENCE

Encourage peace and harmony within your community! Optimists accomplish this feat by honoring law enforcement officials, initiating block parent programs, sponsoring fingerprinting fairs, and starting neighborhood watches. Anything to keep children safe!



TRI-STAR SPORTS SKILLS CONTEST

Bring together the youth of your community in the spirit of fun competition! The Tri-Star program offers exciting opportunities to promote self-confidence and physical fitness, even if your Club has limited resources. Since this program does not involve physical contact or advanced skill, it is the ideal activity for every child including those with disabilities.



YOUTH SAFETY

Keeping children safe in their leisure activities has been an important part of Optimist programs for many years. The Optimist International Youth Safety Program encompasses all of the activities originally included in the Safety on Wheels and Always Buckle Children programs as well as new activities concerning Internet Safety. Help spread the word about safety!

