

2020 IJF

If you respect yourself and all the other people alike;

If you trust yourself and everyone around you;

If you believe in yourself and, knowing that when you dream of something you can really achieve it, you follow your dreams with self-confidence even when everybody around you shows you distrust;

If you help the others without having trust issues and you are kind and treat everyone right being forgiving of other people's mistakes;

If you are a good person who doesn't hate anyone even if they have done bad things to you;

If you can keep your temper and forgive the ones that have hurt you;

Or if you love the others even when you feel lonely;

If you can stay positive in a negative situation;

If you can bear your flag with pride even when you might be terrified;

If you can do your best every sunrise even when that means just opening your eyes,

Knowing that when the Sun shines you'll shine along with your beloved ones;

If there is no way ahead of you and yet you are able to create one;

If you are aware of the virtue of patience and wait until the rainy days fly away before you rush ahead to seize the day;

If you are studious and keen on learning new things without ever getting tired of knowledge;

If you can stay focused on your goals even when the others are trying to affect you negatively, disorient you or hurt you;

If you are so brave as to dare take risks stretching yourself out to explore and reach your limits;

If you love and protect your children and all the children of the earth dreaming of a better world for them,

And to achieve this you treat the earth like a baby, treating young children as the earth's presents creating a green paradise for them;

And thus, improving the lives of all humans becomes your goal;

If you are humble enough to accept 'no' for an answer,

And fill the unforgiving minute with kindness to your fellows;

If you try a lot,

And when you feel like giving up you look back to see how far you have gone to get strength;

If you don't let time pass pointlessly until you have run out of it,

And instead try to make the most out of it to build your future;

If you deeply love something and yet you have the power to let it go;

Or if you ever find yourself in the wrong story and have the strength to leave straight away;

And if you try to make up for any injustice you have done causing people to become sad,

*Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, **my son!***

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