

IF 2023

If you can find a way to relax when you feel tired,
And if a quiet place can calm you down when you are irritated,
Or an intimate acquaintance talks to you when you feel depressed,

if you can find peace and quiet inside you,
When you can't find it around you,

If you can resist changing your personality when you fall in love,
And before befriending somebody you examine both his sides,
Knowing that to be loved by others you should love and trust them first,

If you work hard to succeed being aware of the fact that your efforts will pay off,
And if you realize that what makes you happy can never be regarded as a waste of time,

If you are mature enough to realize that all those who try to make you feel bad lack that special thing that you have,
And if you try hard to prove those who accuse you or don't believe in you wrong with your ceaseless effort,
Bearing in mind that if they don't accept you, you will definitely be written in someone else's story,

If you are smart enough to protect your friends and push your enemies back,

If you apologize when you hurt somebody...

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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