

1. Teach me to obey the rules of the games.

2. Teach me never to cry for the moon, never to cry over spilled milk.

3. Teach me to win if I can; if I cannot win, teach me to be a good loser.

4. Teach me to distinguish between sentiment & sentimentality - to esteem the first and to despise the second.

Finally, if I must suffer, may I be like a thoroughbred that goes away by himself in order to suffer in silence.