

# IF

If you can keep your head when all  
about you  
Are losing theirs and blaming it on you;  
If you can trust yourself when all men  
doubt you,  
But make allowance for their doubting  
too:

# Se...

Se és capaz de manter a tua calma  
Quando todo o mundo ao teu redor já a  
perdeu e te culpa;  
De crer em ti quando estão todos  
duvidando,  
E para esses no entanto achar uma  
desculpa;



If you can wait and not be tired by waiting,  
Or, being lied about, don't deal in lies,  
Or being hated don't give way to hating,  
And yet don't look too good, nor talk too wise;

Se és capaz de esperar sem te desesperares,  
Ou, enganado, não mentir ao mentiroso,  
Ou, sendo odiado, sempre ao ódio te esquivares,  
E não parecer bom demais, nem pretensioso;



If you can dream-and not make  
dreams your master;  
If you can think-and not make  
thoughts your aim,  
If you can meet with Triumph and  
Disaster  
And treat those two impostors just  
the same:

Se és capaz de pensar – sem que a isso  
só te atires;  
De sonhar – sem fazer dos sonhos teus  
senhores;  
Se, encontrando a desgraça e o triunfo,  
consequires  
Tratar da mesma forma a esses dois  
impostores;



If you can bear to hear the truth  
you've spoken  
Twisted by knaves to make a trap for  
fools,  
Or watch the things you gave your  
life to, broken,  
And stoop and build them up with  
worn-out tools;

Se és capaz de sofrer a dor de ver  
mudadas  
Em armadilhas as verdades que  
disseste,  
E as coisas, por que deste a vida,  
estraçalhadas,  
E refazê-las com o bem pouco que te  
reste;





If you can make one heap of all your  
winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your  
beginnings,  
And never breathe a word about your  
loss:

Se és capaz de arriscar numa única  
parada  
Tudo quanto ganhaste em toda a tua vida,  
E perder e, ao perder, sem nunca dizer  
nada,  
Resignado, tornar ao ponto de partida;



If you can force your heart and nerve  
and sinew  
To serve your turn long after they are  
gone,  
And so hold on when there is nothing in  
you  
Except the Will which says to them:  
"Hold on!"

De forçar coração, nervos, músculos,  
tudo  
A dar seja o que for que neles ainda  
existe,  
E a persistir assim quando, exaustos,  
contudo  
Resta a vontade em ti que ainda  
ordena: "Persiste!";



If you can talk with crowds and keep  
your virtue,  
Or walk with Kings-nor lose the  
common touch,  
If neither foes nor loving friends can  
hurt you,  
If all men count with you, but none too  
much:

Se és capaz de, entre a plebe, não te  
corromperes  
E, entre reis, não perder a naturalidade,  
E de amigos, quer bons, quer maus, te  
defenderes,  
Se a todos podes ser de alguma  
utilidade,





If you can fill the unforgiving minute  
With sixty seconds' worth of distance  
run,  
Yours is the Earth and everything that's  
in it,  
And-which is more-you'll be a man, my  
son!

E se és capaz de dar, segundo por  
segundo,  
Ao minuto fatal todo o valor e brilho,  
Tua é a terra com tudo o que existe no  
mundo  
E – o que mais – tu serás um Homem,  
ó meu filho!





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