

## **JUST FOR TODAY**

I will try to live through this day only  
and not tackle my whole life problem at once.  
I can do something for twelve hours that would appall me  
if I felt that I had to keep it up for a lifetime.

### JUST FOR TODAY

I will be happy.  
This assumes to be true what Abraham Lincoln said,  
that, “most folks are as happy as  
they make up their minds to be”.

### JUST FOR TODAY

I will adjust myself to what is,  
and not try to adjust everything to my own desires.  
I will take my “luck” as it comes and fit myself to it.

### JUST FOR TODAY

I will try to strengthen my mind.  
I will study. I will not be a mental loafer.  
I will read something that requires  
mental effort and concentration.

### JUST FOR TODAY

I will exercise my soul in three ways.  
I will do somebody a good turn and not get found out.  
If anybody knows of it, it will not count.  
I will do at least two things  
I do not want to do – just for exercise.  
I will not show anyone that my feelings are hurt;  
they may be hurt, but today I will not show it.

### JUST FOR TODAY

I will be agreeable,  
will look as well as I can,  
dress becomingly, talk low,  
act courteously, criticize not one bit,  
not find fault with anything  
and not try to improve or regulate  
anybody except myself.

### JUST FOR TODAY

I will have a program –  
I may not be able to follow it exactly,  
but I will have it.  
I will save myself from two pests:

hurry and indecision.

JUST FOR TODAY

I will have a quiet half hour  
all to myself and relax.

During this half hour, sometime,  
I will try to get a better perspective of my life.

JUST FOR TODAY

I will be unafraid,  
especially I will not be afraid  
to enjoy what is beautiful,  
and to believe that as I give to the world,  
so the world gives to me.