

JUST FOR TODAY



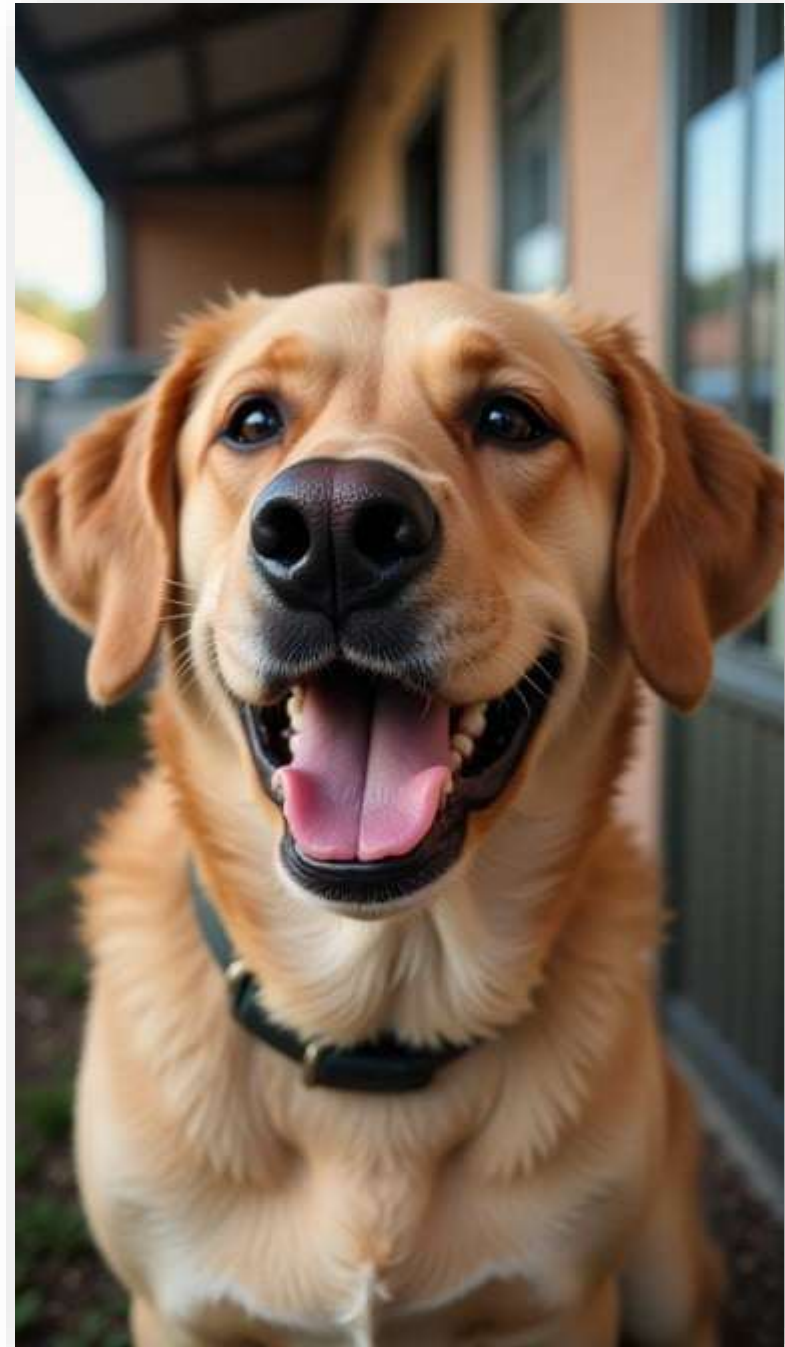


**JUST FOR TODAY I WILL TRY TO LIVE
THROUGH THIS DAY ONLY, AND NOT
TACKLE ALL MY PROBLEMS AT ONCE.**

**I CAN DO SOMETHING FOR TWELVE
HOURS THAT WOULD APPALL ME IF I FELT
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 learn something useful. I will
not be a mental loafer. I will
read something that requires effort, thought
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 anyone knows of it, it will not count. I will do at least two things I don't 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. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself.





Just for today I will have a program. I may not 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 by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.





Just for today I will I will be
unafraid. Especially I will not
be afraid to notice what is
beautiful and to believe that as
I give to the world, so the
world will give to me.

