

Just For Today

Just for today, I will try to live 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 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 happy as they make their minds up to be.” Bloom where you are planted!

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 exercise my soul in three ways: I will do somebody a good turn and not get found out. If anyone knows about it, it will not count. I will do two things I don’t want to do and don’t have to do just for the exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today, I will not show it to anyone.

Just for today, I will be agreeable. I 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 try to make myself better...physically, culturally, professionally, socially, ideally, intellectually, in how I work with others as well as what I do...It means exercise of every kind.

Just for today, I will have a program, I may not follow it exactly, but I will have it. I will save myself from tow pests: hurry and indecision...even procrastination.

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...of where I have been and where I am going so that I may really assess where I truly am now.

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 will give to me.

Just for today, I will laugh and learn and love and lead. Just for today, I will dream discover and care.

Just for today, I will attempt to become the finest person God could have intended I should become and extend that same opportunity to every other person I meet...

You see today I might die. I will have earned passage to either Heaven or Hell for all eternity...and how I use my today will determine the opportunities available in all my tomorrows.