



## Just For Today

**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 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 anybody 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, 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 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, some time, 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 will give to me.