

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 else 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, sometime, I will try to get a better perspective on my life.

Just for today I will be unafraid. I will enjoy that which is beautiful, and will believe that as I give to the world, so the world will give to me.

– Author Unknown