

Just For Today

Just for today, I will live through this day only, and not set far-reaching goals to try to overcome all my problems at once. I know I can do something for 24 hours that would overwhelm me if I thought I had to keep it up for a lifetime.

Just for today, I will be happy. Abraham Lincoln said, “Most folks are about as happy as they make up their minds to be.” He was right. I will not dwell on thoughts that depress me. I will chase them out of my mind and replace them with happy thoughts.

Just for today, I will adjust myself to what is. I will face reality. I will correct those things I can correct and accept those I cannot.

Just for today, I will improve my mind. I will not be a mental loafer. I will force myself to read something that requires effort, though and concentration.

Just for today, I will do something positive to improve my health. If I’m a smoker, I’ll make an honest effort to quit. If I’m overweight, I’ll eat nothing I know to be fattening. And I will force myself to exercise – even if it’s only walking around the block.

Just for today, I’ll do something I’ve been putting off for a long time. I’ll finally write that letter, make that phone call, clean that closet or straighten out those drawers.

Just for today, before I speak I will ask myself, “Is it true? Is it kind?” and, if the answer to either of those questions is negative, I won’t say it.

Just for today, I will make a conscious effort to be agreeable. I will look as good as I can, dress becomingly, talk softly, act courteously, and not interrupt when someone else is talking.

We know so much more about nutrition and how exercise and sensible living can extend life and make it more enjoyable, so just for today, I’ll take good care of my body so I can celebrate many more happy new years.

Just for today, I will have a program. I may not follow it exactly, but I’ll have it, saving myself from two pests: hurry and indecision.

Just for today, I will gather the courage to do what is right and take the responsibility for my own actions.