

## *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 appal me if I felt that I had to keep it up for a lifetime.

*Just for today* I will be happy. Most people 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 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, criticise 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 programme, 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 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.