

## **Just for Today**

**Just for today.  
I will live through the next 12 hours  
and not try to tackle all of life's problems at once.**

**Just for today.  
I will improve my mind.  
I will learn something useful  
I will read something that requires thought and concentration**



**Just for today.  
I will be agreeable.  
I will look my best, speak in a well-modulated voice, be courteous and considerate**

**Just for today.  
I will not find fault with friend, relative or colleague.  
I will not try to change or improve anyone but myself.**

**Just for today.  
I will do a good turn and keep it a secret.  
If anyone finds out, it won't count**

**Just for today.  
I will have a program.  
I might not follow it exactly, but I will have it.  
I will save myself from two enemies-hurry and indecision.**



**Just for today.  
I will do two things that I don't want to do,  
just because I need the discipline.**

**Just for today.  
I will believe in myself.  
I will do my best to the world  
and feel confident the world will give its best to me.**

**Author Unknown**