

Just for Today: Becoming a Better Person

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 12 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. 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 each day 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, criticise not one bit, not find fault with anything, and not try to improve or regulate anybody but 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 and 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.