



## **Just for Today:** Living one day at a time - I have a choice

- \* Just for today, I will live this day only—my mind and heart will be in today, not the past or the future.
- \* Just for today, I will be happy, realizing my happiness does not depend on what others do and say.
- \* Just for today, I will remember that my happiness is a result of being at peace with myself and doing my best to live my values.
- \* Just for today, I will not try to force everyone/everything to adjust to my desires. I will accept my family, my friends, and my circumstances as they are.
- \* Just for today, I will accept myself as I am, and, strive to be my best and do my best.
- \* Just for today, I will thank someone.
- \* Just for today, I will encourage someone who is having a hard time.
- \* Just for today, I will forgive myself if/when I make a mistake.
- \* Just for today, I will forgive someone who makes a mistake.
- \* Just for today, I will take care of my physical health.
- \* Just for today, I will go out of my way to be kind to someone.
- \* Just for today, I will be patient—I will not hurry.
- \* Just for today, I will make sure I have some quiet time—time to relax...let go...
- \* Just for today, I will count my blessings: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_