

## Just for Today

By Dear Abby

JUST FOR TODAY: I will live through this day only. I will not brood about yesterday or obsess about tomorrow. I will not set far reaching goals or try to overcome all of my problems at once. I know I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime.

JUST FOR TODAY: I will be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds, I will chase them away and fill it with sunshine.

JUST FOR TODAY: I will accept what is. I will face reality. I will correct those things that I can correct, and accept those I cannot.

JUST FOR TODAY: I will make a conscious effort to be agreeable. I will be kind and courteous to those that cross my path and not speak ill of others. I will improve my appearance, speak softly, and not interrupt when someone else is talking. Just for today I will refrain from improving anybody but myself.

JUST FOR TODAY: I will do something positive to improve my health. If I am a smoker, I'll quit. If I am overweight, I will eat healthfully-if only for today. And not only that, I will get off the couch and take a brisk walk, even if it's only around the block.

JUST FOR TODAY: I will gather the courage to do what is right and take responsibility for my own actions.