

JUST FOR TODAY

by Eugene Halliday

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JUST FOR TODAY I will try to live through this day only and not tackle my whole life problems at once. I can do something for twelve hours that would appal me if I felt 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 my 'luck' as it comes and fit myself to it.

JUST FOR TODAY I will 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 somebody knows of it, it will not count. I will do at least two things I do not want to do - just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but for 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 little bit, not find fault with anything, and not try to improve or regulate anybody but myself.

JUST FOR TODAY I will have a program. 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, some time, I will try to get a better perspective of my life.

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