

JUST FOR TODAY

I will take a good look at myself and see that I have many addictive and compulsive traits that have become dominant in my life. I am at the mercy of these traits and unable to manage them. Seeing this, I admit that I need help.

I will acknowledge the presence of a Power greater than myself who has created me, is aware of all my needs and is fully capable of healing me and restoring me to a condition of clarity and stability. This power is God as I choose to understand God.

I will let go of the inclination to figure out my problems with my mind. No more analyzing...no more questioning. I now make a conscious decision to turn my life and my will over to the care and keeping of God. I surrender the thinking that tells me I must "run my own show" and make my own life happen. I am ready to be a transformed (changed) person, beginning now.

I will release the past, letting go of my guilt or regrets about what happened "back then." Finding fault or blaming myself and/or others keeps me stuck in the past.

I will forgive myself and others for the way we've been. I realize that our actions have arisen out of fear and insecurity. I now allow myself and others to "be." I no longer pass judgment on our lives, our chosen paths or our patterns of growth.

I will drop all anxiety about the future. I will live **this day** with as much joy, trust and serenity as I can, realizing that this day is all I can handle.

I will let go of my tendencies to be dependent on persons, possessions and patterns to fulfill me. I recognize that these things are only a temporary part of my existence and cannot provide the lasting security, inner peace or true freedom that I yearn to experience on a daily basis.

I will take responsibility for all aspects of my life: my choices, my feelings, my physical and mental health, my spiritual well-being, my paths of growth and the principles and values by which I live.

I will utilize all the energies within me that contribute to the betterment of my life and to the lives of others (e.g., expressing honesty, integrity and kindness). To all else, I firmly say, "No, thank you."

I will thank God for the opportunity to be set free from old attitudes and behavior patterns that prevent me from moving in the direction of my needed healing.

I will willingly share with others the wisdom, peace and strength I have received through this Program.

I will go forth into this day with enthusiasm, believing in my own value and worthiness, and with the determination to enjoy this day and give it my positive best, come what may.

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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 twelve hours that would appall 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 my "luck" 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, criticize not one bit, not find

fault with anything and not try to improve or regulate anybody except 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, sometime, I will try to get a better perspective on 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.

