

Just For Today

Just for today I will exercise my soul in three ways.

- 1) I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count.**
- 2) I will do at least two things I don't want to do – just for the exercise.**
- 3) 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 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 be unafraid.

**Especially I will not be afraid to enjoy that which is beautiful,
and to believe that as I give to the world,
so the world will give to me.**