

Today ...

... I will try to live through this day only,
and not tackle all life's problems at once.

... I will be happy.

... I will try to strengthen my mind. I will study something that has
a use and which requires effort, thought and concentration.

... I will do a good turn and not get found out. I will do at least one thing
that I would otherwise avoid, just for the exercise. Also, I will not show
if my feelings are hurt; they may be, but today I will not show it.

... I will be agreeable. I will look as well as I can, act as graciously as I
can, not find fault and not try to improve anyone except myself.

... I will have a quiet half-hour alone,
and try to get a better perspective on life.

... I will be unafraid. Especially I will not be afraid to enjoy that which
is beautiful; in place, person or time; and to believe that as I give to
the world, so the world will give to me.

Tomorrow ...

... what the heck; I will do it again.