

Revised version of Just for Todays for SEA

1. Just for Today I will try to live through this day only, not tackling all my problems at once.
2. Just for Today I will try to be happy, remembering the glimpses I have had of bliss and/or greater harmony. Happiness is a result of being at peace with myself and aligned with Divine Will.
3. Just for Today I will try to adjust myself to what is. I will accept my family, my friends, my business, and my circumstances as they come. I will accept my feelings and turn things over to my Higher Self as I go through my day.
4. Just for Today I will take care of my physical health; I will exercise my mind; I will read something spiritual.
5. Just for Today I will practice self-compassion. I will do at least one thing that brings me closer to my goals, and I will perform some small act of love.
6. Just for Today I will be kind to myself.
7. 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.
8. Just for Today I will stop saying "If I had time." If I want more time, I will ask God to guide me to find that time.
9. Just for Today I will have a quiet time of meditation wherein I shall think of my Higher Power, of myself, and of my neighbor. I shall relax and seek truth.
10. Just for Today I will trust that my prayers to align with Divine Will will bring both learning and joy. I will pay attention to what is good, what is beautiful, and what is lovely in life.
11. Just for Today I will not compare myself with others. I will accept myself and know that I am loved.
12. Just for Today I choose to believe that I can live this one day finding love throughout my day and peaceful rest at the end of the day.