

Just for Today: living one day at a time, enjoying one moment at a time

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 12 hours that would appal me if I felt I had to keep it up for a lifetime.

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 and face my problems rather than avoid them, one day at a time, one step at a time.

Just for today I will live in the solution and not the problem.