

Just for today, I will firmly believe, despite appearances to the contrary, that the Providence of God takes care of me as if no one else existed in the world.

Just for today I will take care of my appearance: I will not raise my voice, I will be courteous in my behavior, I will not criticize anyone, I won't claim to improve anyone but myself.

Just for today I will be happy in the certainty that I was created to be happy, not only in the other world but also in this one.

Just for today I will adapt to circumstances, without requiring all circumstances to be adapted to my own wishes.

Just for today I will devote ten minutes of my time to some good reading, remembering that just as food is necessary to the life of the body, so good reading in the life of the soul.

Just for today I will do one good deed and not tell anyone.

Just for today I will make a plan: I may not follow it to the letter but I will and I will be on guard against two evils: hastiness and indecision.

Just for today I will have no fears. I will not be afraid to enjoy what is beautiful and to believe in goodness.

**WELL, I CAN DO FOR TWELVE HOURS  
WHAT WOULD DISMAY ME IF I THOUGHT  
I SHOULD DO IT FOR THE WHOLE LIFE**