

JUST FOR TODAY \*\* I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit. not find fault with anything and not try to improve or regulate anybody except myself.

JUST FOR TODAY - I will have a quiet half hour all by myself to relax, During this half hour, sometime I will try to get a better prospective of my life.

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 what is beautiful, and to believe that as I give to the world, so the world will give to me.