

Just For *Today*

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Just for today

I will think only about good things –
my daughter's smile, the blue sky, good smells
coming from the kitchen.

Just for today

I will not worry about the future

Just for today

I will think only about ME and what I need

Just for today

I will not say "I'm tired"

Just for today

I will give up – I will curl up on the couch and watch
movies all day, eating popcorn and drinking tea.

Just for today

I will go for a walk and look for signs of life
and growing

Just for today

I will concentrate on how I feel inside and not how
I look on the outside

Just for today

I will pray for someone else

Just for today

I will go shopping and not feel guilty

Just for today

I will live and not think about dying

Just for today

I will thank God, because I am here for one more day