

BEGINNING TODAY

~Author unknown~

Beginning today I will no longer worry about yesterday.

It is in the past and the past will never change.

Only I can change by choosing to do so.

Beginning today I will no longer worry about tomorrow.

Tomorrow will always be there,

waiting for me to make the most of it.

But I cannot make the most of tomorrow

without first making the most of today.

Beginning today I will look in the mirror and I will

see a person worthy of my respect and admiration.

This capable person looking back at me is someone

I enjoy spending time with and someone

I would like to get to know better.

Beginning today I will cherish each moment of my life.

I value this gift bestowed upon me in this world and

I will unselfishly share this gift with others.

I will use this gift to enhance the lives of others.

Beginning today I will take a moment to step off the
beaten path and to revel in the mysteries I encounter.

I will face challenges with courage and determination.

I will overcome what barriers there may be which hinder
my quest for growth and self-improvement.

Beginning today I will take life one day at a time,
one step at a time.

Discouragement will not be allowed

to taint my positive self-image,



my desire to succeed or my capacity to love.

Beginning today I walk with renewed faith in human kindness.

Regardless of what has gone before, I believe there

is hope for a brighter and better future.

Beginning today I will open my mind and my heart.

I will welcome new experiences. I will meet new people.

I will not expect perfection from myself nor

anyone else: perfection does not exist in an imperfect world.

But I will applaud the attempt to overcome human foibles.

Beginning today I am responsible for my own happiness

and I will do things that make me happy . . .

admire the beautiful wonders of nature, listen to my

favorite music, pet a kitten or a puppy, soak in a bubble bath

. . . pleasure can be found in the most simple of gestures.

Beginning today I will learn something new; I will

try something different; I will savor all the

various flavors life has to offer.

I will change what I can and the rest I will let go.

I will strive to become the best me I can possibly be.

Beginning today. And every day.