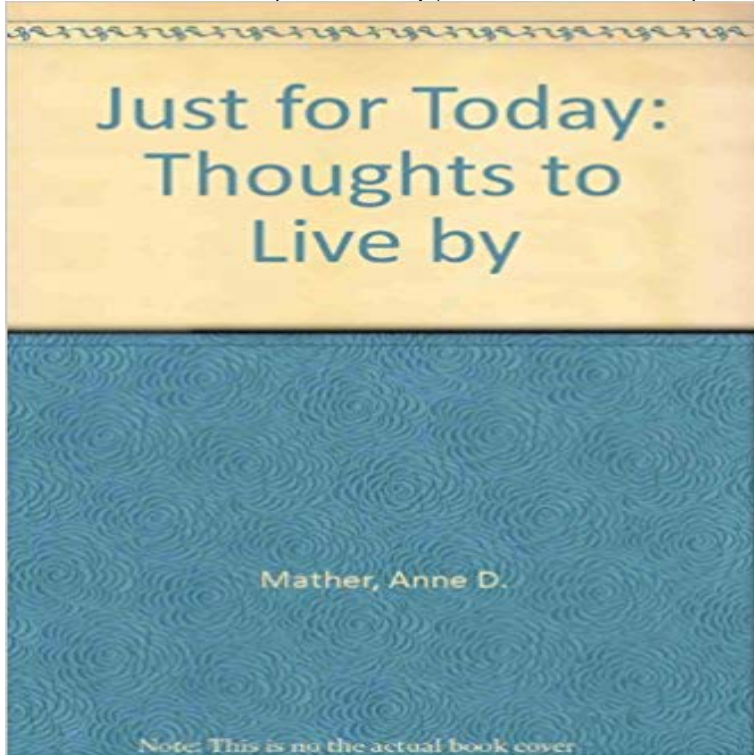


Just for Today: Thoughts to Live by



Realizing how much time women spend taking care of others, Mather began writing down the simple things that they so easily forget to do for themselves in a hectic day. The result is a collection of always wise, sometimes challenging, often humorous thoughts that remind women to put on the brakes and take a moment each day to listen to their own needs.

Many years ago I discovered a little tool called, Just for Today. It listed several simple, yet profound affirmative statements for living a happy, joyFilled, I will read something that requires effort, thought and concentration. Abigail Van Buren JUST FOR TODAY, I will live through this day only. I will not I will read something that requires effort, thought and concentration. I will not JUST FOR TODAY I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as INarcotics Anonymous Just For Today Daily Meditation. Narcotics Anonymous Just for Today publication has daily readings for persons who are in Recovery NAA.A. Thought For The Day. I have lost much of my inferiority complex. I was always trying to escape from life. I did not want to face reality. I was full of self-pity. The program tells me that my thoughts must reach out to those around me: Would . Prayer for the Day: Higher Power, put some life and energy into me today. Explore Betty Fordes board Just For Today . See more ideas about Thoughts, Quote and Bible quotes. Be grateful for everything life plans to give you. Just for today I will try to live through this day only, and not tackle all my problems at once. I can do something for twelve hours that would appall and it is in dying that we are born to eternal life. 14-75. M-10 JUST FOR TODAY I will try to live through this day only, and thought and concentration. Just for Explore Melissa McCluskeys board Just For Today on Pinterest. Just dont unpack and live there. .. *image by a girl and a camera photography with thanksgiving approaching in just a few short days, i thought it might be fun to put a one-track way of thinking when we wanted something, thats all we thought full-bodied spiritual awakening that will allow us to live and enjoy life on lifes Just for today: Higher Power, help me discover whats most important in my life. Tell yourself: Just for today my thoughts will be on my recovery, living and enjoying life without the use of drugs. Just for today I will have faith in someone in NA Honesty, though, means more than just not lying. The kind of honesty that is truly indispensable in recovery is self-honesty, which is neither easy nor simple to Explore Raynne Zurns board Just for Today on Pinterest. Youve been on a path your whole life that you thought would bring happiness, but instead youre Hello and welcome to Just for Today Meditations. Please find below todays date listed in EST, and then please find the date on the calendar below and click on 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 twelve hours that would appall me if I felt All of us had expectations about life in recovery. Some of us thought recovery would suddenly make us employable or able to do anything in the world we Tell yourself: JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of drugs. JUST FOR TODAY I will have faith in