

IF JUST FOR TODAY

I am

If just for today let me be Thankful for this day.

If just for today let me let me be gentle and kind to myself.

If just for today let me be understanding and be compassionate of myself and others.

If just for today let me have patience of myself and others.

If just for today let me practice and work my program one step at a time with the understanding it is progress NOT perfection.

If just for today let me be there for someone in need.

If just for today let me find the slightest bright light in the darkest situation to shine my way.

If just for today let me pray to God for his will his guidance and the ability to understand his will and guidance.

If just for today let me Not look at past mistakes with harshness but with the understanding that it is an opportunity to learn and grow from them with kindness.

If just for today let me accept the unacceptable.

If just for today let me have awareness that today is a new beginning LET IT BEGIN WITH ME.

If just for today let me have the courage to change.

If just for today let me know how to detach with compassion.

If just for today let me know how to manage my expectations.

If just for today let me know how to manage my FEARS.

If just for today let me have gratitude of God, myself, others and all I have and for what I take for granted.

If just for today let me understand I am powerless over others.

If just for today let me Let go and let God.

If just for today let me listen and learn.

If just for today let me know This to shall pass.

If just for today let me have tolerance of those with different struggles.

If just for today let me have TRUST in God.

If just for today let me be humble in my prayers to my God.

If just for today let me have my own life preserver such as Craig= Creative, Respective, Agile, Intelligent, Growing human being child of God.

If just for today allow me to Accept and be willing to grow and learn for what I do not know.

If just for today let me know when tomorrow comes let me start this all over just for today.

If just for today let me say what I mean, mean what I say and say it with kindness and love.

If just for today

I am. 6-18-2018 Rev:2 6-18-2021 Craig G. e-mail IJFT@chiinc.net