

Quotes for Recovery Week 2020 Videos - part 2 'Just for Today'



Helping Leicester, Leicestershire & Rutland tackle substance use issues and promote recovery from drink and drug addiction.

Please take a minute to read through the following short messages and then record one, or two, on video and send to us by going to our secure upload page:

<http://thestairwayproject.co.uk/rw2020/>

*Your support in participating in positive messaging is much appreciated.
Thank you from the Recovery Week Team*

- 1) *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 appeal to me if I felt I had to keep it up for a lifetime.*
- 2) *Just for today I will be happy. Most folks are as happy as they make up their minds to be.*
- 3) *Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.*
- 4) *Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.*
- 5) *Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anyone knows of it, it will not count. I will do at least two things I don't want to do – just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.*
- 6) *Just for today I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself*
- 7) *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.*
- 8) *Just for today I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.*
- 9) *Just for today I will be unafraid. Especially I will not be afraid to notice what is beautiful and to believe that as I give to the world, so the world will give to me.*