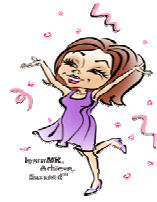


Beginning Today



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 woman 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 the 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 placed before me 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 will 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.