

CONSIDER THE PRESENT

We are constantly told, in textbooks, newspaper advertisements and television commercials, to plan for the future. And we should.

But in the process, let's not overlook the present and the joys that it can bring. I recently ran across an article copyright by Sybil Partridge and appearing on the MotivateUs.com website. Here it is:

Just for Today

1. Just for today I will be happy. This assumes what Abraham Lincoln said is true: "Most folks are about as happy as they make up their mind to be." Happiness comes from within; it is not a matter of externals.
2. Just for today I will try to adjust myself to what is; not to try to adjust everything to my own desires. I will take my family, my business and my luck as they come and fit myself to them.
3. Just for today I will take care of my body. I will exercise it, care for it, nourish it, not abuse or neglect it, so that it will be a perfect machine for my bidding.
4. Just for today I will try to strengthen my mind. 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 someone a good turn and not get found out. I will do at least two chores I don't want to do, as William James suggests, just for exercise.
6. Just for today I will be agreeable. I will look as well as I can, speak diplomatically, act courteously, be liberal with praise, criticize not at all, nor find fault with anything, and not try to regulate or improve anyone.
7. Just for today I will try to live through this day only, not tackle my whole life problem at once. I can do things for 12 hours that would appall me if I had to keep them up for a lifetime.
8. Just for today I will have a program. I will write down what I expect to do every hour. I may not follow it exactly, but I will have it. It will eliminate two pests: hurrying and indecision.
9. Just for today I will have a quiet half-hour by myself and relax. In this half-hour sometimes I will think of God, so as to get a little more perspective into my life.
10. Just for today I will be unafraid. Particularly, I will be unafraid to be happy; to enjoy what is beautiful; to love; and to believe that those I love, love me.

Words fitly spoken. My hope is that they stirred some resolutions for you, as they have for me.

This is the day that the Lord has made; let us rejoice and be glad in it (Psalm 118:24 ESV).

– Beecher Hunter