

JUST FOR TONIGHT

Just for tonight, I will be grateful. I will give thanks for the past day – its failures, as well as its successes, its sadness as well as its joy and its pain as well as its pleasure. I will take comfort in knowing that every event and circumstance that occurred today can be used for my good and the good of others.

Just for tonight, I will accept that I have done the best I could, remembering that my goal is spiritual progress and not perfection. I will let go of any expectation I had for this day, as well as any disappointment, shame or guilt I felt for not being perfect today.

Just for tonight, I will be humble. I will give my shortcomings to a Power greater than myself, trusting that doing so can bring about changes in me that I could not bring about by myself.

Just for tonight, I will not attempt to rectify today's mistakes or solve tomorrow's problems. I will remind myself that I am better able to receive guidance when my mind and body are rested and refreshed.

Just for tonight, I will set aside my fears, frustrations and aspirations and take a few minutes to review the abundance that exists in my life today. I will place my future in the care of a loving God *of my own understanding*, trusting my needs will be met at a time and in a way that is best for all concerned.

Just for tonight, I will release my loved ones to my Higher Power's care. I will free myself from trying to do the impossible – changing the actions, attitudes or life of anyone other than myself.

Just for tonight, I will set aside my anger, judgement, resentment, envy and hurt feelings. I will ask my Higher Power to bless those whose actions I feel troubled by, and to change my attitude to one of love, acceptance and compassion.

Just for tonight, I will find a safe, comfortable place to lie down and close my eyes. I will remind myself I am both deserving and in need of rest. I will look forward to awakening to the new day, feeling rested and ready to follow my Higher Power's guidance.