

**Just for Today** by Frank Crane

**Just for today**, I will try to live through this day only,  
and not tackle my whole life problem  
at once. I can do something for twelve hours  
that would appall me if I felt that I had to  
keep it up for a lifetime.

**Just for today**, I will be happy. This assumes to  
be true what Abraham Lincoln said, that  
"most folks are as happy as they make up  
their minds to be."

**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.

**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.

**Just for today**, I will exercise my soul in three  
ways: I will do somebody a good turn, and  
not get found out. I will do at least two  
things I don't want to--just for exercise.  
I will not show anyone that my feelings are  
hurt; they may be hurt, but today I will not  
show it

**Just for today**, I will be agreeable. I will look  
as well as I can, dress becomingly, talk low,  
act courteously, criticize not one bit, not  
find fault with anything and not try to improve  
or regulate anybody except myself.

**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.

**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.

**Just for today**, I will be unafraid. Especially I  
will not be afraid to enjoy what is beautiful,  
and to believe that as I give to the world, so  
the world will give to me.

**Fire** by Judy Brown

What makes a fire burn is space between the logs,  
a breathing space.

Too much of a good thing,  
too many logs packed in too tight  
can douse the flames almost as surely  
as a pail of water could.

So building fires  
requires attention to the spaces in between,  
as much as to the wood.

When we are able to build  
open spaces  
in the same way  
we have learned  
to pile on the logs,  
then we can come to see how it is fuel,  
and absence of the fuel  
together, that make fire possible.

We only need to lay a log  
lightly from time to time.

A fire grows  
simply because the space is there,  
with openings  
in which the flame  
that knows just how it wants to burn  
can find its way.