

# Just for Today

Tell yourself:

JUST FOR TODAY my thoughts will be on my recovery,  
living and enjoying life without the use of drugs.

JUST FOR TODAY I will have faith in someone in NA who  
believes in me and wants to help me in my recovery.

JUST FOR TODAY I will have a program. I will try to follow it  
to the best of my ability.

JUST FOR TODAY, through NA, I will try to get a better  
perspective on my life.

JUST FOR TODAY I will be unafraid. My thoughts will be on  
my new associations, people who are not using and  
who have found a new way of life. So long as I follow  
that way, I have nothing to fear.

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