

living life day by day

When life becomes boring; risk! You'll discover the wonders of your own courage.

Today, look at others as if you see them for the first time. You do.

Regardless of what this day brings, thank God. An untouched day awaits you tomorrow.

When someone offends your child within, don't fight back. Wiping your child's tears is enough

You are never alone. The child within you is your steadfast companion.

Talk gently to your child within. The child needs your reassurance.

When you see something working, leave it alone. Enjoy it; you're entitled.

Notice your child within. The child anticipates Your friendship

Protect your child within. That child, like you, is a child of God.

If today seems shrouded in hopelessness, pray. Let go and let God.

Keep it simple. Only do today what you can do today.

When you feel unloved give love away. It will come back to you.

Grab your fear of the future and ask, 'What can I do about this right now?' You need not let fear control you.

When you see something broken fix it. You are capable.

Never hold anything too tight. To cling is to suffocate.

When someone makes you unhappy, pause. Remember: only you can make you unhappy

Just for today Just for a moment - let go of hurtful memories. There is a peaceful relief in letting go.

Do something special for Your child within. You're never too old to play.

Acknowledge your own remarkable goodness. There is much to acknowledge.

Do not attempt to control others. Control stifles freedom.

When something inside becomes painful today, ask yourself, 'When did this pain begin?' It may be an old wound gradually healing.

Listen carefully to your child within. The child is wise.

Celebrate the coincidences in your life. They may be miracles.

Notice the child within others. Their child recognizes yours

Become aware of God's loving gaze. God takes special delight in you and in your child within

Today, let go of all expectations. God has a surprise for you

Today, love and forgive. That's all you need to do - one day at a time.

Sing, hum, whistle. Your child within knows the tune.

When your child within, misbehaves, do not scold. The child needs your gentle understanding.

Receive the moment and all that are to come as gift. God is the unending Giver

Become aware of all that surrounds you at this moment. God holds it all in existence

Be patient with your child within. The child has much to discover

This moment is the only moment you have. Respect its possibilities.

Redecorate your life with God's gifts. Awe and wonder surround you.

When your child within gets lost, drugs, drink sex, or food won't help. Set out to find your child again.