

Additional Just for Today

*Just for Today:*

I will call and thank my Nar-Anon sponsor for being so helpful in explaining and working with me on the Twelve Steps.

I am grateful for those members who stay in the program to be there for that new member who joins our meeting. Our members are so willing to share their experience, strength, and hope again and again.

I am happy I found Nar-Anon. I am no longer afraid or alone and can face each new day with hope and confidence.

I am thankful for those members who have accepted service positions. They work diligently because they believe in Nar-Anon and want to see lives changed.

I have choices.

I will be positive. I will release the resentments and disappointments in my life.

I will help someone in need.

I am thankful to my Higher Power and Nar-Anon for changing my life.

I have hope and freedom.

I have recovery. I am not floundering or drowning in a sea of misery, doubt, and fear.

I can be grateful for my addict, as I have become a better person by attending Nar-Anon.

I will accept where I am and be grateful for my Nar-Anon family.

I will not be afraid. I will read my Nar-Anon literature and call my sponsor.

I will help someone in need.

I will not sit on my pity pot.

I will not skip my Nar-Anon meeting.

I will not be resentful of others.

I will choose to love not to hate; to be happy not sad; to be kind not mean.

I will let go and let my Higher Power work in my life.

I will do my best to be the person my Higher Power meant me to be.

I will be of service in my Nar-Anon meeting.

I will take care of myself. I will rest. I will not neglect meals or be angry with anyone. I will not blame.

I can be happy. I can start my day with love and forgiveness for myself and others.

I will work hard, not blame others, and be responsible for my own actions.

I thank my Higher Power for my Nar-Anon meeting.

I will learn how to embrace happiness in all my experiences.

I will push myself to do the things I wanted to do yesterday but put off for today.

I will be gentle with myself as I travel this journey.

I will mind my own business, stay positive in the present, and keep my comments pleasant.

I will take a stand that reflects my beliefs without being manipulated by anyone else.

I will not worry about yesterday or tomorrow. I will find peace in just being.

I will remember to be grateful for all that has brought me to today.

I will practice gratitude. I will think of all the good things in my life.

I will forgive myself for my wrongs and let them go. I will focus on today.