

H♥PE

Hope For Today

"A powerful reading that will help you have a positive day"

Today I get up before my addiction does. I get a positive start on my day by focusing a few minutes on my morning recovery rituals. I will list things I am grateful for. Even if I do not feel grateful. I find the silver lining in everything that happens. I learn from life's lessons and do not repeat past mistakes.

Today I am of service to others. I help and support my fellow man without expecting anything in return. I am a constructive member of the group, the community and wider society. I am a positive role model.

Today I am open-minded and willing. I will do something to nurture my spiritual growth such as meditation and prayer. I will refrain from focusing on expectation. Instead, I focus on my work and being in the here and now.

Today I feed my 'good Wolf' and make it stronger with positive thinking and beliefs about "myself, the world, and other people" Every day I learn something new to develop my mental strength and train my mind.

Today I experiment with new pursuits. I can feel fear and do it anyway. I am happy and have fun. I smile, and I do not take myself too seriously. I am willing to get out of my comfort zone and stretch myself. I exercise physically. I move my body and push myself a little further each day. Experience is my true teacher.

H♥PE

Hope For Today

Today I will take some quiet time to relax and spend quality time in my own company. I practice mindfulness in all my actions, even if I must slow down to do so. I adopt the three Monkey principles "See no evil, hear no evil, speak no evil".

Today I do not blame others for my problems. I am accountable and take personal responsibility. I keep my side of the street in order. I do not argue, I go with the flow. I focus my energy on solutions.

Today I am polite, I say please, thank you and apologize when appropriate. I treat others as I wish to be treated. Today I will remember to be humble and modest. I do not judge others. I practice forgiveness and I amend my mistakes. I will seek and follow advice before making important decisions.

Today I share my truth especially when I need help, even if I feel vulnerable. I am honest in all my affairs and value Integrity. My conscience is clear, and I have peace of mind. Karma is I reap what I sow!

Today I avoid emotional outbursts. 'Those who anger me, conquer me' if I struggle, I know it will pass, everything passes. I will resist the urge to complain and accept what comes so long as I am not in danger. I accept life's imperfections as I am not perfect myself. Smooth seas do not make skilled sailors.

Today I will do my best to follow this path and I continue to have hope every day