

Just for today, forget your worries and enjoy the moment right where you are!



Just for today, shut off your mobile phone and speak to the real people you have around you.



Just for today, be confident and never let anyone bring you down!



Just for today, rise up early and watch a magnificent sunrise!



Just for today, dream BIG dreams no matter how impossible they seem to be.



Just for today, think of the 3 legacies you would like to leave behind.



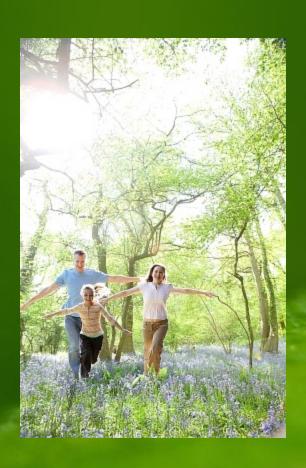
Just for today, be patient to the people who annoy you, never let them ruin your day.



Just for today, never complain for a difficult task, but treat it as a challenge to become a stronger person.



Just for today, try not to attach your self worth to the job you are doing, because you are worth so much more than that!



Just for today, cultivate the virtue of benevolence and be like the sun that shines for all without taking anything in return.



Just for today, never think you are too old to start something you really love to do.



Just for today, allow your heart to be vulnerable, for only in being open can it truly learn how to love.



Just for today, write a thank you note to someone you have not appreciated for a long time.



Just for today, try not to watch television in the evening, try some stargazing instead!



Just for today, pack your things, go to the beach and listen to the soothing sound of crashing waves.



Just for today, forgive your enemies and feel a great burden lifted up from your heart.



Just for today, drive with no destination in mind and try to enjoy the thrill of the journey instead.



Just for today, get a notebook and write everything you still desire to happen in your life, feel them coming true!



Just for today, pray to God and reconnect to the Source of all Life, and Love and Joy.



Just for today, remember that you are a beloved child of God.

Pass this on to a friend and inspire at least one person today! Visit http://itakeoffthemask.com/