

# 'Just For Today'



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



# 'Just For Today'



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

# 'Just For Today'



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





# 'Just For Today'



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



# 'Just For Today'



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

# 'Just For Today'

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



# 'Just For Today'



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



# 'Just For Today'



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



# 'Just For Today'

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'



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'



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



# 'Just For Today'



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

# 'Just For Today'



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

# 'Just For Today'

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





# 'Just For Today'

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



# 'Just For Today'



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

# 'Just For Today'



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



# 'Just For Today'



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

# 'Just For Today'

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



# 'Just For Today'

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





# Just For Today

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