

# **JUST FOR TODAY**

**Just for today I will diet. Thinking about dieting for a lifetime would appall me, but I can be sensible today -- one bite at a time.**

**Just for today I can be happy even though I have a weight problem. Happiness is an attitude and comes from within. No one else will ever be able to make me happy. I must do it myself.**

**Just for today I will adjust myself to what is. The reality is that my weight problem will not go away or change. I must change. I must realize that the only way I can lose weight is to eat less and exercise more.**

**Just for today I will improve my mind. I will not dwell on the negative, (such as -- "Why was I cursed with a weight problem?" or "Why can't I eat anything without gaining weight?"). Today I will think positively about what I can do to control my weight.**

**Just for today I will give a helping hand to a fellow TOPS member. I will remember that communication makes TOPS work. I'll encourage a fellow TOPS member today by phoning them or writing a note.**

**Just for today I'll improve my health by sensible eating and exercising.**

**Just for today I will be honest with myself and with my family and admit that I am overweight because I eat more calories than my body requires**

**Just for today before I speak I will ask myself, "Is it kind?" I will remember that people are sensitive and try to avoid saying or**

**doing anything that might discourage a TOPS member who is having problems.**

**Just for today I will try to look as well as I can and dress becomingly. I will remember that I can look attractive if I make the effort to take care of myself.**

**Just for today I will have a plan for watching my weight. If I didn't follow my plan yesterday, I will not be discouraged and quit because I got off my plan for a day. I will keep trying today.**

**Just for today I will have a quiet time. I will try to get a better perspective on my life. I must realize that I am important and that taking the time for myself to make TOPS work for me is OK.**

**Just for today I will be unafraid. I will be unafraid to admit to myself and to my family that I need TOPS if I am going to control my weight. I will expect nothing from TOPS. I will realize as I give of myself to TOPS -- TOPS will be effective in helping me.**

**AND IF I DO FALL ??? WELL -**

**JUST FOR TODAY - I will pick up the pieces and try again.**