

# Today I Can

Let's not forget what we can do this day:

## **Today I Can...**

Draw on the power of honesty. I embrace change and redefine myself. Word by word, deed by deed—I strive to reflect the truth.

## **Today I Can...**

Put down my old habits. Selfishness and hardness give way to an instinct for service. Gratitude now is my rule.

## **Today I Can...**

Appreciate the richness of life by welcoming, sharing and laughing with another addict. Turning Godward, I find progress and peace.

## **Today I Can...**

Take in a new reality—that in this struggle I am not alone. Many have walked this path before, and I have fellows at my side.

**Today...Together...We Can Live in Hope!**

