

# **JUST FOR TODAY**

**Steps 10, 11 & 12 by Ellen C.**

**Joy (what was my greatest joy):**

**Truth (what did I learn):**

**Success (what did I do that I feel good about):**

**For my body (what did I do for my body):**

**Savor (at least one thing I took time to enjoy every bit of):**

**Miracles (where did I know God/Spirit was at work):**

**H&B (the people, places and things I want the highest and best for, specifically including those I hurt/resent/fear):**

**Sig feels (my significant feelings today):**

**Tom I (tomorrow's intentions):**