



The D.A. logo is a registered trademark and DEBTORS ANONYMOUS® is a registered service mark of Debtors Anonymous General Service Board, Inc.

## Just for This Day

- Just for this day, I will be grateful that I have enough food to eat and a place to sleep. If I lack either of these, I will ask for help.
- Just for this day, I will ask my Higher Power to remove my compulsion to debt, underearn, or overspend. I am willing to go to any lengths to not debt today.
- Just for this day, I will be clear with my money. I will keep a record of every penny I earn or spend, knowing that clarity leads to freedom.
- Just for this day, I will accept that I cannot solve all my problems at once. I will take at least one small action toward my recovery.
- Just for this day, I will live in this moment, right here, right now. I will set aside my fears of the future and my regrets about the past, accepting everything exactly as it is at this moment.
- Just for this day, I will remember that there are infinite sources of help available to me. I do not have to be alone. I will reach out to another D.A. member and find hope and encouragement for my situation, even if it seems hopeless to me right now.
- Just for this day, I am willing to believe in a power greater than myself—even if my current understanding of that power is limited.
- Just for this day, I will face life with courage. With the help of D.A. and my Higher Power, I have what I need to live through whatever this day brings.
- Just for this day, I will be of service. I will help someone else and allow someone else to help me.
- Just for this day, I will refrain from comparing myself to others. I will honor my own unique gifts and experiences.
- Just for this day, I will set aside time for quiet reflection, prayer or meditation. I will let this nourish and replenish my soul.
- Just for this day, I will be grateful for the abundance in my life. I will recognize that there is enough money, enough time, and enough love.

© 2006 Debtors Anonymous General Service Board, Inc.

Registered D.A. groups have permission to copy this page in its entirety for distribution to its members.

Debtors Anonymous General Service Office | PO Box 920888 | Needham, MA 02492-0009

800-421-2383 (USA only) | email: [office@debtorsanonymous.org](mailto:office@debtorsanonymous.org) | [www.debtorsanonymous.org](http://www.debtorsanonymous.org)