

# POSITIVE BEHAVIOUR POLICY

## JUST FOR TODAY

**Just for today, I shall try to live through this day only.** *I cannot live through yesterday again as it is in the past and gone forever. I cannot live through tomorrow until tomorrow comes. But if I live today well, I can begin to shape the future and create many happy tomorrows. It is wrong to tackle major problems(e.g. getting good grades in GCSE) all at once. I can do things for twelve hours that would scare and even appal(terrify) me if I had to keep doing them for a year or a whole life-time. The best preparation for tomorrow is to do today's work superbly well. 'Give us this day our daily bread...'*

**Just for today, I shall try to adjust myself to what is, and not try to adjust everything to my own desires.** *I shall take my family, my school and my luck as they come and fit myself to them. I know that nothing can happen to me today that, with the help of Our Lord Jesus Christ, I cannot handle. I know that life is difficult for everyone but that some people moan more or less incessantly about how enormous their problems and difficulties are and complain as if life were generally easy, **as if life should be easy all the time.** Just for today, I shall not whine and cry about my problems but try to solve them instead. I shall face up to my problems - grief, sadness, frustration, loneliness, guilt, regret, anger, fear, anxiety, anguish or despair. I know that problems are the cutting edge that distinguishes between success and failure and that they not only call forth our courage and wisdom; indeed, they create our courage and our wisdom.*

**Just for today, I shall be happy, positive and optimistic.** *The great American president Abraham Lincoln said: " Most people are about as happy as they make up their minds to be." Happiness comes from inside ourselves; it does not necessarily depend on external circumstances. Our attitude to things is vitally important. Some people see problems and difficulties; others see exciting challenges. There is much to be said for being a tough-minded optimist.*

**Just for today I will try to strengthen my mind.** *I will study as best I can. I will not be a mental loafer. I shall bring to my studies effort, thought and concentration. I know that I can ask God to help me to do my best but I should not ask Him to get me grades if I have not made an honest and genuine effort to do the necessary amount of study. My untapped potential must not lie idle.*

*God expects us to use our common sense and not to have any self-imposed limitations. He gives us things at the cost of an effort. If I study*

*well each day at school, the examination results will take care of themselves. As Sigmund Freud said on one occasion: "One day in retrospect (on looking back) the years of struggle will strike you as the most beautiful."*

**Just for today I shall be pleasant, courteous and kind.** *I will look as well as I can, dress as becomingly (attractively/suitably) as possible, talk politely, act courteously, be respectful to others, be generous with praise, criticise not at all, nor find fault with anything. Remember that those who sow courtesy, reap friendship. Using words like 'please', 'thank-you', 'excuse me', 'may I...', 'I'm sorry, I apologise', are indicators of strength, not weakness.*

**Just for today I shall exercise my souls in three ways.**

*I shall do somebody a good turn and not get found out. I shall do at least two things I don't want to do. In this way, I shall try to overcome the most difficult opponent I shall ever have to fight - myself.*

**Just for today I shall have a quiet half-hour all by myself to relax. Some of this time I shall spend in prayer.** *When I pray to God and think about Him, I shall try to change the way I see things. Jesus said: 'Come to Me all you who labour (suffer) and I shall give you rest.' I shall ask God to help me to draw on my reserves of strength, imagination, vision, insight and creativity together with my special talents, skills and abilities. I know that if I control my thoughts, change my attitudes, I can also with God's help change the circumstances of my life.*

**Just for today I shall be unafraid.** *Whatever problem or difficulty I face, I know that I shall get strength from God to face it. Especially today I shall not be afraid to be happy, to enjoy what is beautiful, to love, and to believe that those I love, love me. I shall not be afraid to strive for success but I should remember that true success has nothing to do with material possessions and is measured not against others but against what we had to overcome to achieve the things which are important to us. Our business in life is not to get ahead of others, but to get ahead of ourselves - to break our own records, to outstrip our yesterday by our today. Success and happiness are not a destination but a journey. Our successes and achievements are not just for ourselves but to serve others as well. This is what Our Lord Jesus Christ has asked us to do.*

**Just for today I shall have a programme.** *I shall write down what I expect to do in the morning, afternoon and evening. I may not follow the programme exactly, but I shall have it. It will eliminate (get rid of) two pests, hurry and indecision.*

**Just for today I shall take care of my body.** *I shall exercise it, care for it, nourish it and not neglect it, so that it will be a perfect machine for my bidding.*