



This book suggests living “One Day at a Time”, and the ways in which we may find in each day a measure of comfort, serenity, and a sense of achievement.

It discourages dwelling on past errors and disappointments; it visualizes the future only as a series of new days, each a fresh opportunity for self-realization and growth.

Today is only a small manageable segment of time in which our difficulties need not overwhelm us. This lifts from our hearts and minds the heavy weight of both past and future.

The Al-Anon fellowship embraces people of many lands, creeds, and customs. These daily messages are intended for all people, all ways of life. Although the Al-Anon member is frequently referred to as “she,” there are men and women in most Al-Anon groups.

Asterisks (*) refer the reader to the Appendix on page 374 where quotations from copyrighted books are identified. Unidentified quotations are from members of the Al-Anon fellowship. Some asterisks (*) may also refer readers to Al-Anon publications or wording no longer in print.

January 1

This year is a book of clean blank pages on which I will write a record of my experiences and my growth through the daily use of the Al-Anon idea. I turned to Al-Anon as a last resort because I was living with a problem that was too much for me. I know I can deal with this problem through applying Al-Anon to myself, to my thoughts and my actions, every day. If I allow myself to be influenced by what the alcoholic says and does, it will make blots and smears on the pages of my year. This I will try to avoid at all costs.

Today’s Reminder

I can live my life only one day at a time. Perhaps my confusion and despair are so great that I will have to take it one hour at a time, or one minute at a time, reminding myself constantly that I have authority over no life but my own. “Realizing that nothing can hurt me while I lean upon my Higher Power, I ask to be guided through the hours and minutes of each day. Let me remind myself to bring every problem to Him for I know He will show me the way I must go.”