

# ONE DAY AT A TIME

## INNER STRENGTH

IF YOU CAN START THE DAY WITHOUT CAFFEINE,  
IF YOU CAN GET GOING WITHOUT PEP PILLS,  
IF YOU CAN ALWAYS BE CHEERFUL, IGNORING  
ACHES AND PAINS,  
IF YOU CAN RESIST COMPLAINING AND BORING  
PEOPLE WITH YOUR TROUBLES,  
IF YOU CAN EAT THE SAME FOOD EVERY  
DAY AND BE GRATEFUL FOR IT,  
IF YOU CAN UNDERSTAND WHEN YOUR LOVED ONES  
ARE TOO BUSY TO GIVE YOU ANY TIME,  
IF YOU CAN TAKE CRITICISM AND BLAME WITHOUT  
RESENTMENT,  
IF YOU CAN IGNORE A FRIEND'S LIMITED  
EDUCATION AND NEVER CORRECT HIM,  
IF YOU CAN RESIST TREATING A RICH FRIEND BETTER  
THAN A POOR FRIEND,  
IF YOU CAN CONQUER TENSION WITHOUT MEDICAL  
HELP,  
IF YOU CAN, RELAX WITHOUT LIQUOR,  
IF YOU CAN SLEEP WITHOUT THE AID OF DRUGS,

...THEN YOU ARE PROBABLY  
THE FAMILY DOG!!!

## JACK