

A serene landscape featuring a calm lake in the foreground, with mountains in the distance under a clear blue sky. Bare, dark tree branches are silhouetted against the sky and water, framing the scene. The overall mood is peaceful and contemplative.

*Just for today...*

*I will not be angry*

*I will not worry*

*I will be grateful for my many blessings*

*I will do my work honestly*

*I will be kind to all living things*