



A Good Day

By: Peggy Field

Today is one of my best days,
(I'm trying to be good)
I haven't eaten chocolate yet,
My language has been good.

I haven't whined or been a grouch,
I haven't criticized.
I haven't nagged my family yet,
I think I'll exercise.

I haven't used my credit card
On foolish impulse buys.
And I've been honest all day long,
I haven't told a lie.

I haven't yelled at anyone,
I've tried to keep my cool.
And so far in this wond'rous day,
I've lived the Golden Rule.

I hope that I can keep this up,
And won't break down instead,
The hardest part is yet to come-----
When I get out of bed.