

# Reflections for Daily Living

## POPE JOHN XXIII: REFLECTIONS FOR DAILY LIVING

1. Only for today, I will seek to live the livelong day positively without wishing to solve the problems of my life all at once.
2. Only for today, I will take the greatest care of my appearance: I will dress modestly; I will not raise my voice; I will be courteous in my behaviour; I will not criticise anyone; I will not claim to improve or to discipline anyone except myself.
3. Only for today, I will be happy in the certainty that I was created to be happy, not only in the other world but also in this one.
4. Only for today, I will adapt to circumstances, without requiring all circumstances to be adapted to my own wishes.
5. Only for today, I will devote ten minutes of my time to some good reading, remembering that just as food is necessary to the life of the body, so good reading is necessary to the life of the soul.
6. Only for today, I will do one good deed and not tell anyone about it.
7. Only for today, I will do at least one thing I do not like doing; and if my feelings are hurt, I will make sure that no one notices.
8. Only for today, I will make a plan for myself: I may not follow it to the letter, but I will make it. And I will be on guard against two evils: hastiness and indecision.
9. Only for today, I will firmly believe, despite appearances, that the good providence of God cares for me as no one else who exists in this world.
10. Only for today, I will have no fears. In particular, I will not be afraid to enjoy what is beautiful and to believe in goodness.

How can this reflection inspire you in your own faith journey?

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Write down ten of your own reflections that are important to you for daily living?

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**SECTION G | LESSON 76 | WORKSHEET 1**

The following list outlines a hierarchy of needs as identified and developed by the American psychologist Abraham Maslow (1908–70). Maslow believed that all people have five levels of need: physiological, safety, love and belonging, self actualisation and self-esteem. Maslow described these needs in an ascending hierarchy, as shown below. Maslow taught that only when the lower levels of need are fulfilled can we move up to the higher stages. According to Maslow’s theory, our physiological needs are the most basic. So, until our need for food and sleep, for example, is met, we cannot think about higher needs and desires, such as developing our confidence, getting a job or becoming involved in a relationship. Our ‘highest’ need, according to Maslow, is the need to be our best selves.

- ▶ Esteem needs
  
- ▶ Self-actualisation needs
  
- ▶ Love/belonging needs
  
- ▶ Safety needs
  
- ▶ Physiological needs

Explain how Maslow’s hierarchy of needs rings true for you – or does not.

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Are there any other human needs that you feel are missing from Maslow’s model?  
Discuss.

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