

Serenity Practice



Serenity Prayer – by Reinhold Niebuhr

**God, Give us the grace to accept with serenity
the things that cannot be changed,
Courage to change the things
which should be changed,
And the wisdom to distinguish
the one from the other.**

1. Make a list of everything you can think of in your daily life that currently bothers or upsets you. What issues constantly come to mind and cause you to feel annoyed? List them in a vertical column on a piece of paper. (Spend some time at this and really think about it.)
2. Next, review each item on your list and indicate whether or not it is something you can change. If you believe you can change the situation (for example: your haircut, a coworker who constantly interrupts you at work, your diet) write CAN next to the item.
3. If you feel you are not able to do anything to change that issue (for example: the weather, the color of your eyes, your height) write CANNOT next to the item.
4. Review your list a few times and really think about each item you feel you cannot change. Is it totally accurate that it cannot be changed – even if you had unlimited resources or time? Re-label some items if you decide that they were initially marked incorrectly.
5. Next, focus on the items that CAN be changed and circle them only if you truly WANT to change them and would be willing to put forth time and effort to make the changes.
6. Choose a few of those circled items and prioritize them – use this list

to remind yourself to work on productive change in your life.

7. With all of the remaining items on your list, that you either CANNOT change or don't care enough to change, imagine yourself stepping away from that list and withdrawing your energy from those issues. Draw further and further away until the list appears very small and you sense yourself and your energy to be very large.
8. Take several deep breaths as you allow this vision to remain. Feel serenity and calmness surrounding you and filling you as you let go of each of these annoyances in your life.
9. To end the exercise you can either tear up or burn the list or fold it up and put it away somewhere for later reference. Carry with you a sense of completion and resolution.

My Issues	CAN Change	CANNOT Change

What I CAN change and WANT to change:

WHAT and HOW I plan to change: