



The Serenity Process™

Turning The 'Serenity Prayer' Into Action Steps...

*God grant me the serenity to accept the things I cannot
change, courage to change the things I can,
and the wisdom to know the difference...*
~Reinhold Niebuhr

Based on the classic 'Serenity Prayer', the Serenity Process™ is formula of specific questions that I created, all designed to assist anyone to reframe what seems like a significant challenge and or goal, to be able to take **inspired action** towards overcoming it and or achieving it.

With just a little practice going through these questions, you will soon find yourself automatically shifting through challenges and moving towards goals more easily, even without your conscious awareness. Simply put, you will find life becoming easier, and balance more easily sustainable.

Take the time to be fully present with these questions, and simply notice how when you ask the right questions, you also come up with the right answers.

What is a specific challenge you would like to overcome, and or a goal you would like to achieve?

What do I have control over?



What are at least two simple actions I can take today, that when implemented will dramatically help me overcome this challenge, and or achieve this goal?

1. _____

2. _____

What do I wish I had control over, but at least currently, I do not?

Do I really not have any control over this right now?

If I did have at least some kind of control over this challenge and or goal, what would it be and how could I take just one simple action towards its attainment?



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What, if anything, do I simply not have control over, at least in this moment, that I'm choosing to let go of now?

What do I want and or need emotionally from what I'm letting go of now?

What are at least 2 simple ways that I can experience these emotions that are in alignment with my goals, and in a way that is good for me, good for others (Or at least not harmful to others), and is ideally good for the planet?

1.

2.
