

8 Simple Tips to a Foundation of **Serenity**



DEBBIE LUXTON
LIFE AND LEADERSHIP COACH, TEACHER AND SPEAKER

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Gratitude



It's true, your life is busy beyond belief most days.

Seeing all the things you have to be thankful for is tough.

It is also true that developing habits to recognize your blessings is one of the best ways to build a foundation of daily serenity.

▷Recognize and celebrate victories

- every step taken is a victory; it's not about the size of the step
- never make your measurement of success a comparison to someone else
- victories could be: not getting angry, eating right, completing the next step in a project...

▷See the blessings around you

- your car, home, computer, phone...
- God's creation: trees, flowers, fields...
- people God has placed in your life



Gratitude in Action:

Give thanks DAILY for 2 things and 2 people in your life.

Kindness



Small acts of kindness are something easily overlooked.

When you go out of your way for kindness, you also go out of your way to build serenity into your daily life.

▷ Simple ways to express kindness

- Compliment someone
- Pay it forward
- Send an unexpected message
- Encourage someone
- Smile

▷ Don't forget about you!

- Have an afternoon coffee/tea
- Take a walk
- Grant yourself grace



Kindness in Action:

Do an ARK (Act of Random Kindness) everyday

Exercise



Most of us are so busy, all we can think about is how much we need to exercise, but “who has time?”

You do! Don’t be overwhelmed with trying to find several hours a week.

▷ In your office

- ➊ Stand up while on the phone
- ➋ Do leg lifts, knee bends, squats
- ➌ When sitting: do leg lifts, arm curls

▷ Around your office

- ➊ Go up and down a flight of stairs
- ➋ Walk around the block
- ➌ Walk around the floor your office is on



Exercise in Action:

Schedule 15 minutes on your calendar everyday
for some type of continual physical movement

Humbleness



Humility is one of the most misunderstood character attributes.

It is also one of the greatest.

Being humble is not about putting yourself down. If it were, that would steal your serenity.

▷ Focus on others

- Be a good listener
- Put others first
- Invest in relationships
- Share the credit for a job well done

▷ Recognize your humanity

- Don't be afraid to make or admit mistakes
- Don't compare yourself to others
- Be authentic



Humbleness in Action:

Check your humbleness at the end of each day

Boundaries



Boundaries sound great, but they can be hard to implement and even tougher to maintain.

Use a trusted person to help you stick to your boundaries. The serenity you will gain through healthy boundaries is priceless.

▷ Use boundary setting words

- ➊ “No”
- ➋ “Not today”
- ➌ “I won’t”

▷ Be disciplined

- ➊ Turn off your phone
- ➋ Stick to scheduled priorities
- ➌ Stay on your side of the street



Boundaries in Action:

Decide on 1 boundary and execute it for 21 days

Take a Break



The benefits gained through a quick 15 minute break are HUGE!

Your daily serenity suffers severely when you skip short breaks in your day.

▷ 15 minute break ideas

- Journal
- Day dream
- Nap
- Look at photos of those you love
- Close your eyes and listen to soothing music
- Pray



Take a Break in Action:

Schedule a 15-20 minute break daily

To Do List



Your “to do” list does not have to be overwhelming. It does have to be managed properly.

When you wake-up and begin your day with a well managed “to do” list - you begin your day on a foundation of serenity.

▷ Manage your “to do” list

- List items at the task level (not entire projects)
- Clean it up daily - move forward or schedule left over items
- Use a “future” list for things that do not have to be done today
- Check off completed/deleted items
- If it’s a priority item, schedule it on your calendar



To Do List in Action:

Care for your “to do” list daily - never use yesterday’s list for today

Attitude



There is no shortage of things to rob you of a good attitude. Even so, you do have a choice.

Contrary to what most would believe, your attitude is not driven by your circumstances.

You choose it every moment of every day.

▷ Angry?

- Breathe
- Keep proper perceptive - mountain or mole hill?
- Check your H.E.A.R.T. - are you Hungry, Emotional, Anxious, Lonely, Tired?
- Practice responding; not reacting

▷ Lighten Up

- Laugh at others
- Laugh at yourself



Attitude in Action:

Pray and read scripture daily seeking the character of Jesus

A Life of Serenity

Serenity isn't something that "just" happens, nor is it something that we "do."

Serenity is the result of the decisions you make and the consistent actions you take.

Building a foundation of serenity will fill your life with the inner peace you long for; even in stress-filled times. This often requires help to reveal and release the culprits stealing your peace and joy.

All of my services are designed for this exact purpose. Please visit my website for information on my services:

- Individual Life Coaching
- Speaking and Professional Development
- Signature Retreats

I would love to help you live in true serenity!



Debbie Luxton Coaching
www.debbieluxton.com **314.578.3003**