



Seven Simple Steps to Serenity

- ✓ **GRATITUDE LIST** ~ Recognize and celebrate your victories. Do not measure a success/victory by it's size! There are blessings everyday regardless of the situations around us. Keep a daily record, noting specifics of why you are grateful for each item on your list.
- ✓ **PAY IT FORWARD** ~ Pass along a genuine action that will bless another person. For example: perhaps the person in front of you at the grocery checkout is \$5.00 short to purchase their groceries. Pay the \$5.00 for them. It will all come back to you!
- ✓ **TASK ORIENTED TO-DO LIST** ~ Make sure that when you put an item on your "to-do" list, that it is at a task level and not a project level. Let's use food preparation for clarity ~ If you are making a salad for dinner. "Prepare Salad" would be at a project level. "Wash Lettuce", "Cut Carrots", "Shred Cheese", etc. are all examples of the task level. It takes many tasks to make up a project. If you record the project on your to-do list it can keep you in an overwhelmed state where none of it gets done.
- ✓ **HUMBLENESS** ~ Do you have a strained relationship with someone? If so, be the bigger (humble) person by reaching out to them. It doesn't matter who is "right" or "wrong". What matters is the fact that people are the most precious gift anyone has. This will leave you in a great place and your reaching out has no bearing on how the person receives/responds to you.
- ✓ **TAKE A BREAK** ~ Do not work through lunch or skip dinner in favor of "finishing that big project." Step away and take a 15 minute break to clear your mind. Walk, journal, pray or read scripture. Any of these activities will leave you refreshed and with a clear focus.
- ✓ **EXERCISE** ~ Do it! A variety of exercises can be performed in your office while you are on the phone or typing on your computer. Walk around your office, sit in your chair and do leg lifts, do arm curls, stand and kick your leg back while holding your backside tight. 10 minutes each. An exercise completed always feels like a wonderful accomplishment.
- ✓ **ATTITUDE/ANGER CHECK** ~ If you are angry or impatient, ask yourself why. Be specific. Make sure you are not hanging on to something that happened in the past. This serves no purpose in the "here and now." If, on the other hand, something just occurred that made you angry ask yourself:
 - Am I making a mountain out of a mole hill?
 - Identify within your heart why it is that this makes you angry.
 - Check yourself physically - are you hungry, tired, emotional, anxious?
 - What was your part? Situations are never only one-sided.Answer the above to bring yourself to an objective view and keep it all in proper perspective.

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 we make and the consistent actions that we take. A life filled with the inner peace that is true serenity often requires a deeper effort to uncover and release the things that steal our serenity. My coaching, development and retreat services are built for this exact purpose. I would love to help you find the freedom of releasing those things that hinder you. For now, I hope you will apply these simple steps to help you experience what serenity has to offer!