

## ***50 Ways to Find Serenity***

1. Ask yourself if you are being too hard on yourself? Are you constantly beating yourself up over little things? Are you putting too high of expectations on yourself?
2. Find out what you have in life that you can enjoy at this very moment and be thankful for it.
3. When faced with a problem or situation, ask yourself how important it is. Is it life threatening, or is it something silly and petty?
4. Trust your instincts! Listen to your gut reaction. It will never steer you wrong.
5. When setting goals and/or expectations, ask yourself if they are truly realistic. If not, you may need to modify or tweak them so they are attainable. If goals are unrealistic, you'll find yourself frustrated that you were unable to reach that goal.
6. Consider all your options when having to make life-altering decisions, or even menial decisions.
7. Ask yourself: What can I do about this situation? Will it help or only make matters worse?
8. Turn to family members or friends for help. They love you. They are always there to help you however they are able.
9. Ask yourself: What about this situation can I actually manage? What can't I manage?
10. Adjust your attitude and discover how doing so will help or change the situation.
11. A critical question to ask that is helpful in almost any situation is: Do I really want to do this?
12. When formulating your plan or goals, decide what needs to be done first.
13. Ask your friends and family for support and encouragement.
14. Believe that you know what's best for you. It's good to hear what other people have to say sometimes, but ultimately, you know what will be best for you.
15. Make sure your thoughts, feelings and actions agree. Check your integrity. If it seems out of whack, figure out how to change that.
16. Forgive yourself. Everyone makes mistakes. It's what we learn from that mistake that truly makes the difference. If you haven't forgiven yourself, give yourself permission to be forgiven and evaluate what that mistake has done to you and how you will use it to better yourself.
17. Spoil yourself once in a while. It's not weird to send yourself a nice card, or buy a bouquet of flowers for the most important person in your life: You!
18. Now forgive someone else. If you've been hanging on to anger and resentment, you're only making yourself upset. It takes up so much energy being mad at someone (including yourself). Don't waste precious time or energy hanging on to old wounds.
19. Enjoy what you have. Try not to think about what you don't have, but focus on what it is you do have. Do you have a special pet who adores you? Do you have good health? A comfortable home? A good friend who is trustworthy? Take note of the little things you have. Life isn't always about the big things.

20. Speak daily positive self-affirmations. "I am..."
21. Talk to a friend about what is bothering you. Don't let it fester.
22. Call a friend or go out and do something you enjoy.
23. Pick up the phone and let someone know you're thinking of him or her.
24. Go out to lunch, or coffee, or even a walk with a friend.
25. When you ready to blow: take 3 deep breaths. Hold it for 3 seconds. Exhale slowly. Do this 2 more times, or until you calm down.
26. Have fun and go to a movie, concert or play.
27. Call a friend for some extra support.
28. Find a quiet place and enjoy a good book.
29. Ah...it's nice to indulge with a relaxing massage, manicure or pedicure.
30. Get connected through a club or organization, or volunteer for a charity you have a passion for.
31. Make a list of 10 things you're tolerating and why.
32. Read something positive or that you're interested in at least 30 minutes a day.
33. Make a list of the things you are grateful for, and then post it on your refrigerator.
34. It's okay to say no. Learn how to say no without feeling guilty.
35. This is tricky but worthwhile: do absolutely nothing!
36. Sit still and listen to some enjoyable music with a cup/glass of your favorite beverage.
37. Rent a movie that will make you laugh.
38. Only you know if you need to slow down or speed up.
39. Getting the right amount of sleep is crucial to feeling good. And there's nothing wrong with taking a cat nap.
40. Get up and exercise. Do what feels best for you: walking, dancing, jogging, bike riding, etc.
41. Indulge yourself for 30 minutes a day doing something you really love to do!
42. Purchase something you can afford that you've wanted for a long time.
43. Start a "To Do" list and mark something off each day. You'll feel a great sense of accomplishment just by seeing that item crossed off your list.
44. Find a quiet place to relax and reflect – even if it's the bathroom. Focus on something positive.
45. Do something special for someone and don't tell them you did it!
46. Draw or color. Discover what it felt like as a kid to just sit back and create something.
47. Find time to meditate or pray, either by yourself or with a group.
48. Never forget what your purpose in life is.
49. Keep in mind that NO ONE is perfect...including you!
50. Saying "no" to others means saying "yes" to yourself.