

Serenity Worksheet

“Serenity: To be in an inner peace, even in challenging situations” ~ *Lee Harborwicki*

Most of us want inner peace. A lot of us look at our circumstances and wonder if serenity is possible to obtain and maintain.

- Many people believe that in order to have inner peace, means you must be content with the challenging situations they find themselves in.
- It is necessary to know and accept that inner peace often comes attached to tough decisions, the natural consequences of choices, and the often negative reactions of those around us.
- We can know that we have made the correct choices, but living through what those choices are, are not always pleasant. For instance, I can know that going back to school in my 40's, was the right choice for me, and I can have inner peace about that. But living out that choice, brought schedule changes to me and my kids. There were times my youngest had to stay for an hour at an after school program until I could pick him up, he was not happy about this. Meals had to be planned ahead of time, and sometimes they had to be made and frozen ahead of time. The circumstances of my decision to go back to school were hectic and challenging. But my decision to fulfill a lifelong dream brought me inner peace.

I usually believe that having inner peace means I won't have to feel _____
_____. But if I accept that I can have inner peace even when I make a
positive choice such as _____, then I can _____
_____ and know that I have a right to _____
_____. When I experience a challenging situation, I
usually begin thinking _____ and wonder if _____
_____. These thoughts often lead me to _____
_____. In order to have inner peace about this situation
I will need to deal with the challenging situation by _____
_____ and embrace the knowledge that I can have inner peace in
spite of the challenging situation if I will _____
_____.