

Serene, Meaningful Living for Today

Acceptance of what is happening in my life, today: acceptance of what is; accepting that I do not have control of people, places, events, and that's ok. Acceptance of "what is" does not mean I like it— just accept that's the way it is right now.

Acceptance of who I am, today: self compassion for who we are and who we are willing to grow to become. No need to be perfect: "I'm not ok, you're not ok and that's ok!" Am I willing to accept myself as I am today? If there is something about myself I want to change, do I have the courage to change?

Acceptance of others, today: "Before you judge a person, walk a mile in their shoes."; accepting that each person is doing the best they can in the moment; who am I to judge or tell someone who to be or what to change? Accepting another may include having a talk with them that we are concerned about their choices-behavior, but then letting go and accepting their decision.

Vicissitudes: sometimes bad things happen to good people; accepting that everyone's life has ups and downs and accepting that I'm not so special as to think difficult or painful things only happen to other people. Everyone, at various times, experiences "the slings and arrows of outrageous fortune" as well as "feeling on top of the world".

Equanimity: peace of mind that comes from having a balanced life perspective, not being overly attached to certain outcomes or behaviors or circumstances:

"I don't really need _____ to be happy. I may prefer this or that, but I'm ok with whatever happens."

Optimism: "With all this poop, there has to be a pony somewhere." Maintaining the perspective that in the long run, things will work out, things will be ok.

Gratitude: an attitude of being thankful and appreciative, and being willing to maintain that attitude of gratitude even on days I don't feel grateful; being willing to pass it on, pay it forward, sharing with others to positively impact their lives. How can I express my gratitude today by making someone else's life better?

Focus on what's really important: What are my values? What are my priorities? Am I giving my attention and energy to my true, core values and priorities or am I off track? Am I making a contribution to life being better? Am I taking the time to engage in activities that are meaningful/enjoyable?

Nike Therapy: courage to act

-One thing that will make my life better today?—Do it!

-One thing that is interfering with my serenity and meaning today-Stop doing it!

Let go: "Everything I let go of has claw marks on it." Am I holding on to someone or something and is it holding me back or dragging me down? Am I afraid to let go? Am I willing to courageously and patiently let go?

The courage to grieve: in times of loss, it's natural to feel numb, sad, lost, angry, and afraid. Can I allow myself to have those feelings as I experience loss and attempt to make sense of the loss and envision what my life may become?