

What Can I Change?

Remembering this great aspiration helps us to reduce things to their essence and keep everything simple.

The serenity prayer used extensively in 12 Step programs like Alcoholics Anonymous, is:

*God grant me the serenity
to accept the things, I cannot change;
the courage to change the things I can;
and, the wisdom to know the difference.*

Reinhold Niebuhr



Exercise:

Using these words as a guide, make a list of the things in your life:

- you **can** change - what you can do
- you **can't** change - how you will bring yourself to accept them
- remember **wisdom** is self-awareness!