

Working with the Serenity Prayer

Using this chart, list some of the things that are causing you stress or making you feel chaos in the appropriate columns:

1. Things you need to accept and let go of
2. Things that are in your control
3. Ways you can remind yourself of the differences

Grant me...	The serenity to accept the things I can not change... #1 What things do I need to accept and let go of control?	The courage to change the things I can... #2 What things are in my control?	The wisdom to know the difference... #3 How can I remind myself of these differences?