

# The Mindful Serenity Prayer

In this exercise, we will examine the Serenity Prayer.  
We will use our mind to connect to each phrase using honesty and loving kindness.  
You will need this sheet and a writing tool.

God, grant me the serenity  
to accept the things I cannot change:

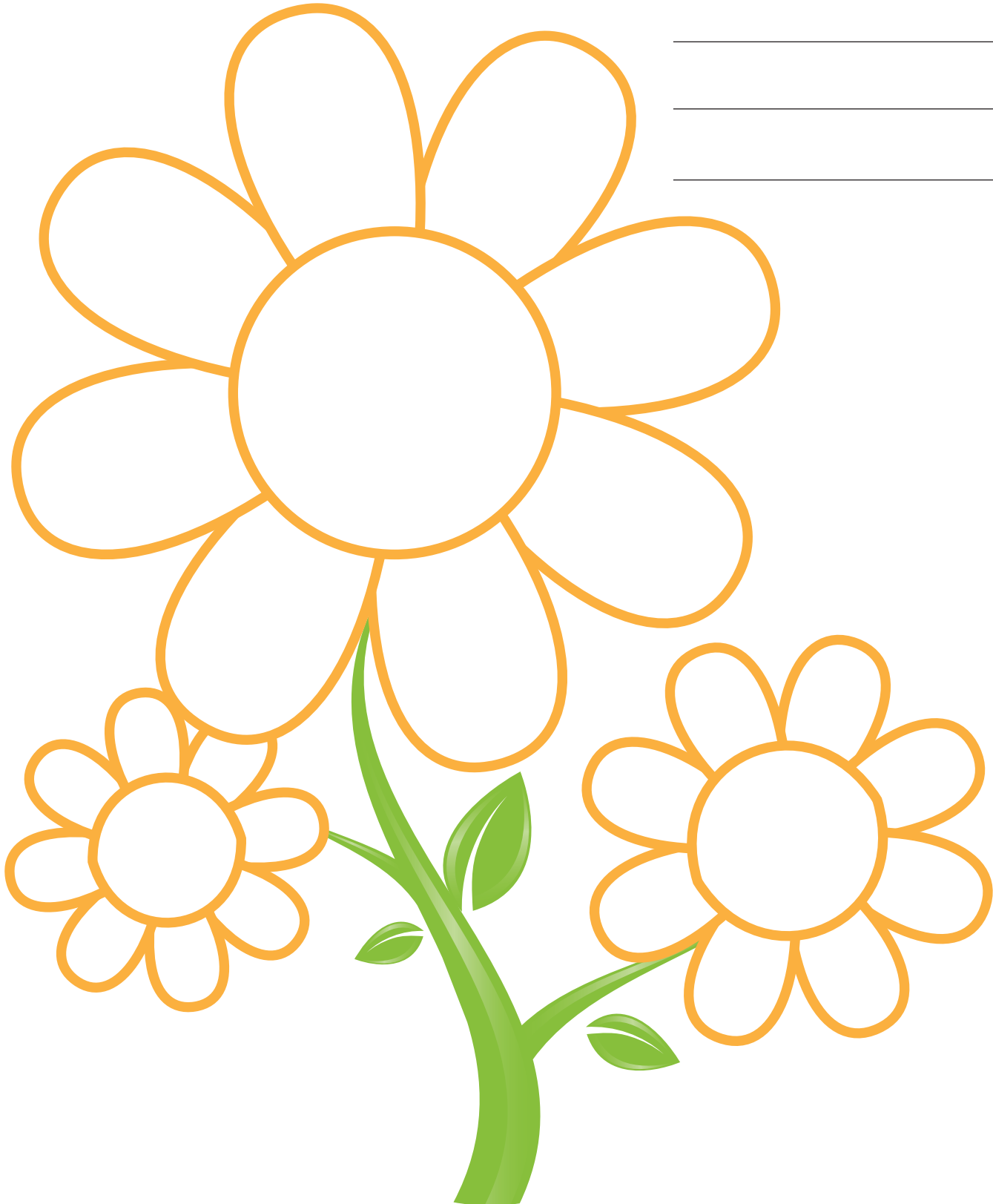
Courage to change the things I can...

and Wisdom to know the difference:

# Where Does Joy Hide?

*What is the source of your greatest joy in life?*

In this exercise, we will explore mindfulness around a familiar joy.  
Please have this sheet and a writing tool available (colors are encouraged!)

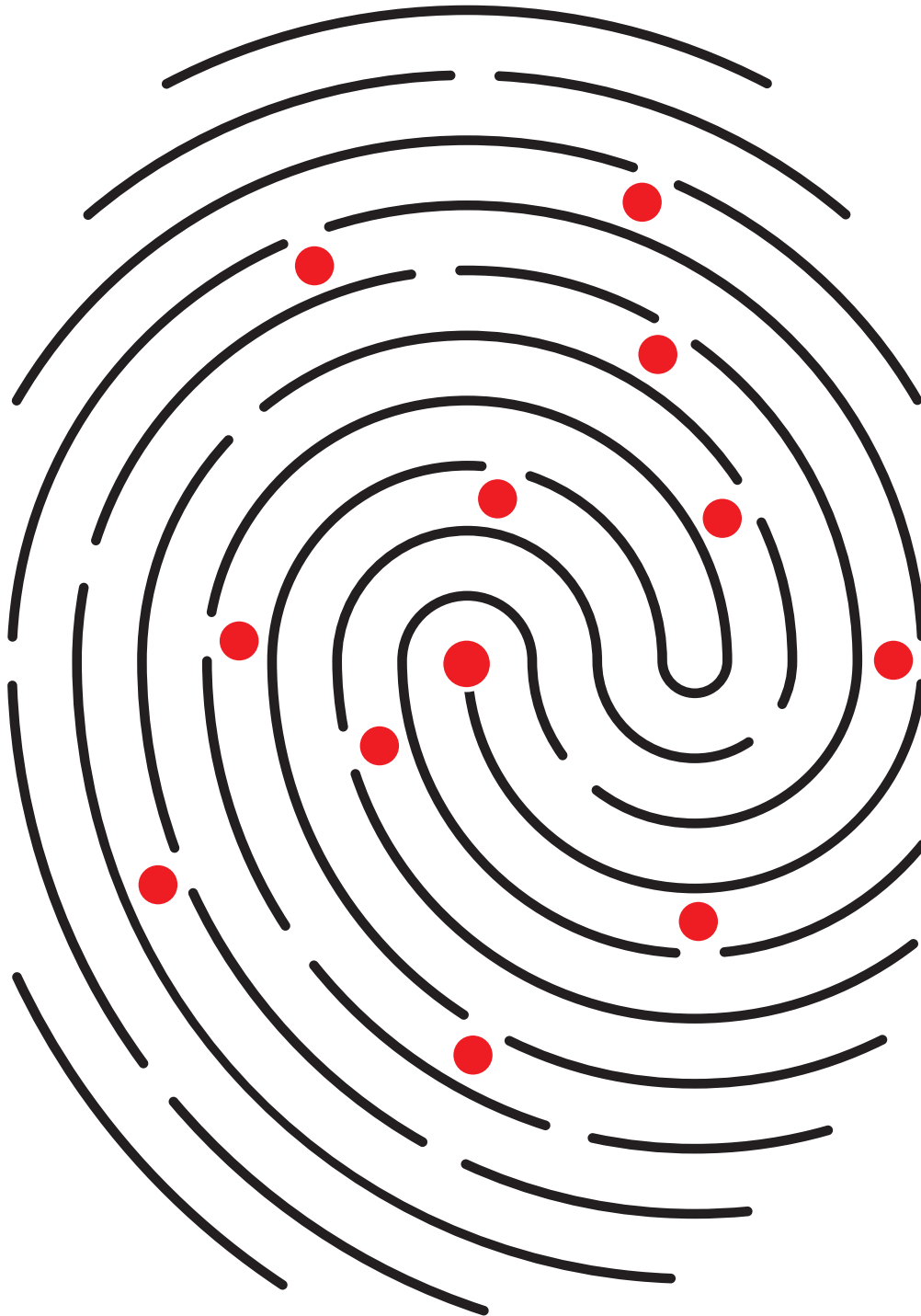


# Uniquely You Meditation

In this exercise, we will explore mindfulness and awareness around body image.

We will use our mind to connect to the body with loving kindness.

You will need this sheet and a writing tool.



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*Where might I practice this principle today?*

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*Where might I practice this principle today?*

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*Where might I practice this principle today?*

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*Where might I practice this principle today?*

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*Where might I practice this principle today?*

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*Where might I practice this principle today?*

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*Where might I practice this principle today?*

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*Where might I practice this principle today?*

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*Where might I practice this principle today?*

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*Where might I practice this principle today?*

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*Where might I practice this principle today?*

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