

The means to live effectively

Welcome to this edition of your Weekly Winning Resource all about the word serenity. Serenity refers to the mood where you feel peaceful, calm, and free from troubles. At first glance, it can seem like serenity is something that comes upon us based on what's happening in our lives and how we feel. Actually, it's quite the opposite. Serenity is a practiced behavior and a state of mind that you can create with intention. Essentially, you can DECIDE to have a spirit of serenity no matter what is going on around you. Serenity isn't the absence of troubles and difficulties, it's the attitude you choose to have regardless of the events happening in your life. Serene people learn to accept what they can't change and focus their attention on what they can. Serenity requires a mental preparedness for challenges before they arrive. As an example, you don't wait until you're sick to start taking care of your health. You take care of your health now, while you're well, so that you don't get sick. Another example, you don't wait until you get the promotion to do the job, you do the job now so that you get the promotion when it becomes available. Practice being mentally prepared for adversities that may show up by picturing in your mind how you will stay calm and at peace during these times. Every time you practice in your mind and align your actions with what you know is the right choice, serenity becomes more and more your actual reality.

Your Weekly Winning Word:

Serenity:

The state of being calm, peaceful, and untroubled.

Your Weekly Winning Article:

Many of us can recite the shortened version of the serenity prayer. Lord, grant me the serenity to accept the things I can't change, the courage to change the things I can, and the wisdom to know the difference. We found this great article written by Steve Rose, PHD on the meaning of the serenity prayer and wanted to share it with you [Click Here to Read](#)

Your Weekly Winning Challenge:

Take 5 minutes each day in a quiet moment to read the serenity prayer or meditate 5 minutes visualizing what serenity looks and feels like in your life. Write your thoughts in your Success Workbook & Journal. Here is a link to the complete version of the serenity prayer. [The Serenity Prayer](#)

Your Weekly Winning Quote:

“Serenity is not freedom from the storm, but peace amid the storm.” ~Unknown

Having the support and accountability of a coach can help you practice and master serenity in your own life. Consider our Launch My Success Membership. Included in this membership, is weekly group coaching with one of our awesome Success Partners. You can learn more about them here: [Learn More – Success Partners](#) Having a coach is an investment that you can expect to get a return on, it is not an expense. The time is now...What are you waiting for?

WE NEED YOUR HELP...Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!

JUNE
WEEK 3

MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17
Kari & Kim's Weekly Confabulation 2:30PM CST Live on our I've Decided Facebook Page			Community Networking & Learning (CNL) Virtual or In Person 8:30-9:00AM CST Guest Speaker: Noelle Tatrock -Unland
FRIDAY 18	SATURDAY 19	SUNDAY 20	NOTES:
		Happy Father's Day! Weekly Winning Resource Arrives in your Email at 5:15pm CST	



If you missed the last Community Networking & Learning (CNL) on Thursday click on our past recordings link below to watch! Included in your membership are the recordings of our events.
[Past Recordings – Members Only](#)

[I've Decided Media – Our Community](#)

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