

# 40 Serenity Wisdoms

1. To be **serene** – one must be clean.
2. Seek **serenity** at all times.
3. Sobriety is our greatest achievement.
4. **Serenity** is staying calm amidst calamity.
5. Our soul stays in park when our ego drives us.
6. When in doubt – stay quiet.
7. Humility and humbleness are our heart's best friends.
8. Our **serenity** attracts others of like mindedness.
9. Protecting our soul lasts for infinity.
10. Trouble births a troubled mind.
11. Misfortune cannot be avoided – therefore let us count our blessings.
12. Lost and found is better than lost.
13. Detachment is the key to life of **serenity**.
14. Only the wise are disciplined.
15. There are things to be accomplished and situations to be avoided in order to have a **serene** life.
16. It is not what we do but how we do it that makes for a life of **serenity**.
17. Every thought starts an action – so let us watch what direction our mind travels to.
18. **Serenity** is the master-mind of positive action.
19. Sobriety creates a better society.
20. It is easier to keep our sobriety than to try and reclaim it.

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21. Feeling safe is the foundation of feeling **serene**.
22. Being rich is.....funding our **serenity**.
23. CIA – calmness in action – now that’s warriorship!
24. **Serenity** cannot be felt if forgiveness is not found.
25. Hope breeds **serenity**.
26. Find the hope for someone who lost it.
27. Only the calm can find the proper solutions.
28. Being one with our higher power is the only way to feel really high.
29. Gratitude is the attitude that creates **serenity** in magnitude.
30. The purpose of life is to find our purpose.
31. Promises broken create wounds unspoken.
32. **Serenity** cannot exist in lies.
33. Only truth can set us free.
34. Focus on good memories - forget the bad ones.
35. **Serenity** is knowing no challenge can be overcome without feeling challenged.
36. Feelings are our greatest teachers and better yet, our greatest wisdom.
37. One cannot recognize another’s heart without recognizing their own.
38. The road to **serenity** is paved with our human nature melding with our heavenly nature.
39. One who embraces differences erases many wounds.
40. To be or not to be.....now that’s a big decision!