

# 40 Serenity Wisdoms

1. **Serenity** comes from not basing expectations on anyone but ourselves.
2. **Serenity** comes from being affected by everything and reacting to nothing.
3. **Serenity** comes from watching our thoughts, as they hold the power.
4. **Serenity** comes from realizing that being kind is not always the answer.
5. **Serenity** comes from feeling the difference between protecting or defending ourselves.
6. **Serenity** comes from following our dreams to their highest good.
7. **Serenity** comes from continually seeking knowledge and wisdom.
8. **Serenity** comes from knowing that anything that does not work needs to be in review.
9. **Serenity** comes from staying in grace, no matter the circumstances.
10. **Serenity** comes from our principles and noble character.
11. **Serenity** comes from truth and only truth.
12. **Serenity** comes from holding ourselves as a person of virtue.
13. **Serenity** comes from not dwelling in faint heartedness.
14. **Serenity** comes from understanding the weakness of our corrupted society.
15. **Serenity** comes from birthing our own reality, not dependent on outside forces.
16. **Serenity** comes from spending time in nature, or with animals.
17. **Serenity** comes from servicing those less fortunate.
18. **Serenity** comes from eliminating narcissism within ourselves.
19. **Serenity** comes from finding our purpose and putting it into manifestation.
20. **Serenity** comes from wanting the “we” program rather than the “I”.

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21. **Serenity** comes from analyzing forces which obstruct our spirit.
22. **Serenity** comes from demolishing our arrogance and demonstrating our humility.
23. **Serenity** comes from receiving graciously.
24. **Serenity** comes from silencing our pessimism and saluting our optimism.
25. **Serenity** comes from feeling and speaking our gratitude many times each day.
26. **Serenity** comes from never diminishing ourselves.
27. **Serenity** comes from facing our fears head on; and then turning our head off.
28. **Serenity** comes from harnessing any reason to be happy.
29. **Serenity** comes from studying the difference between reality and illusion.
30. **Serenity** comes from balancing the lion and the lamb within ourselves.
31. **Serenity** comes from living consciously.
32. **Serenity** comes from respecting differences.
33. **Serenity** comes from welcoming and embracing our destiny.
34. **Serenity** comes from standing by our convictions and not conforming to the patterns of the world.
35. **Serenity** comes from a caring heart and anonymous giving.
36. **Serenity** comes from feeling inspired and creative.
37. **Serenity** comes from making a small difference, with large passion.
38. **Serenity** comes from accepting life on life's terms.
39. **Serenity** comes from being unique, while being united.
40. **Serenity** comes from loving to care.