

Chaplain's Life Enrichment Program



Survival Skills 101

tools to promote spiritual & emotional health

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Prayer for Being Edited

Lord,
Edit me.
Correct me when my words are faulty.
Revise my thoughts.
Polish the rough passages of my being.
Submit me to a review panel who can judge
my strengths and weaknesses.
Correct the internal rhythm
so that the outward meter will be whole.
I want to be a work of art, Lord, a classic of some kind.
Give me form.
Fill me with the beauty of yourself.
Help those who read my life to see
that you are the workman;
I am the workmanship;
and out of me you are creating a work of art.
Amen

The rules in *Blue Books*

are usually written in

Red Blood.

The only person I can change is me.

When we let go of our efforts to change others, we take responsibility for our own growth.

Willingness to change oneself is crucial to emotional and spiritual maturity.

Your experience of life is the result
of how you view what happens to you.

EVENT --> BELIEF --> Resulting FEELING

Same event --> many perceptions



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You may have no control over *what* happens to you, but you do have a *choice* in the *perspective* you choose to take.

Is the glass half empty or half full?

Is it partly sunny or partly cloudy?

Do you *respond* or do you *react*?



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Everything can be taken from you

except one thing -

the right to choose your *attitude*

toward any given set of circumstances.



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“This will do me a world of good!”

Aunt Emily

from God is Up to Something

by David Redding



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**“In any and all circumstances, I have found the
secret of facing plenty and hunger,
abundance and want.
I can do all things in him who strengthens me.”**

Philippians 4:13

Know your limitations!

- **Self-knowledge is key**
don't be afraid to ask for feedback
- **know your strengths & weaknesses**
work out of your strengths
- **know when and how to say "no."**
- **set appropriate limits & boundaries**

Be a self-starter!

- If you see something that needs doing, do it!
 - *Be proactive!*
 - Take the initiative!

Abraham Lincoln said:

“The man who does not do more than what he is paid for isn't worth what he gets.”

Famous Story: “A Message to Garcia”

- **over 40 million copies printed**
 - **translated into all written languages including:
Russian, Spanish, Arabic, Farsi(Hindi), Chinese, German & Japanese**
- **given to everyone employed by the Japanese government,
soldiers and civilians**
- **published in over 200 magazines & newspapers**

“As you sow so shall you reap.”

- the Law of Cause & Effect
- the Law of Grace

**“One receives only that which is given.
The game of life is a game of boomerangs.
Our thoughts, deeds and words return to us sooner or later,
with astounding accuracy.”**

Florence Scovel Shin

**“You can easily judge the character of a man by how
he treats those who can do nothing *to* him or *for* him.”**

Anonymous

Keep perspective!

How many problems are caused by making mountains out of mole hills?

- Keep in mind *“and this too shall pass.”*
- Do the best you can always, even when working alone.
- *“Character is what you do in the dark.” Anonymous*

“Integrity is doing well what others may not see.”
Navy Poster

Practice the art of “letting go.”

- **essential to emotional & spiritual growth**
- **release things** (*behaviors, attitudes, relationships, etc.*) **which no longer serve or help you to grow**
- **“letting go” is a mental & spiritual discipline in which you place the situation into God’s hands.**
- **don’t waste time & energy fighting conditions you can’t change**

Serenity Prayer

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.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardship as the pathway to peace.
Taking, as He did, this sinful world as it is,
not as I would have it.
Trusting that He will make
all things right
If I surrender to His will.
That I may be reasonably happy in this life
And supremely happy
With Him forever in the next.

Reinhold Niebuhr

You are only as powerful as what you value.

Find something bigger than yourself in which to believe:

**Self-centered materialistic people scored lowest
on the Duke University tests for measuring happiness.**

**Those who scored the top happiness ratings
averaged highest in altruism & spirituality.**

Albert Schweitzer said to a graduating class:

**“I don't know what your destiny will be, but the only ones among you who will
be truly happy are those of you who have sought and found how to serve.”**

Self-awareness

Are there times when you are your own worst enemy?

Do people sometimes find it difficult to cope with you?

Identifying & changing such behavior can result in better professional & personal relationships

Take time to listen . . .

- *a way of being*
- *an attitude of caring*
- *a measure of wisdom*

**“I have often regretted my speech,
never my silence.”**

Maximinoto (Syrus)

Live in the present & future.

- **learn from past mistakes & move on**
- **refuse to occupy yourself with past events you can not change**
- **Key task: *let go***

Cultivate a sense of humor . . .

- **Helps keep perspective**
- **Diffuses tension**
- **Empowers you to transcend difficult times**
- **Today's upsets are tomorrow's laughs.**
- **"The crisis of today is the joke of tomorrow." H.G. Wells**

Learn to laugh at yourself

“You grow up the day you have your first real laugh at yourself.”

Ethel Barrymore

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**O Great Spirit,
Help me always to speak the truth
quietly,
to listen with an open mind when
other's speak,
and to remember what peace
that may be found
in silence.**

Cherokee Indian Prayer