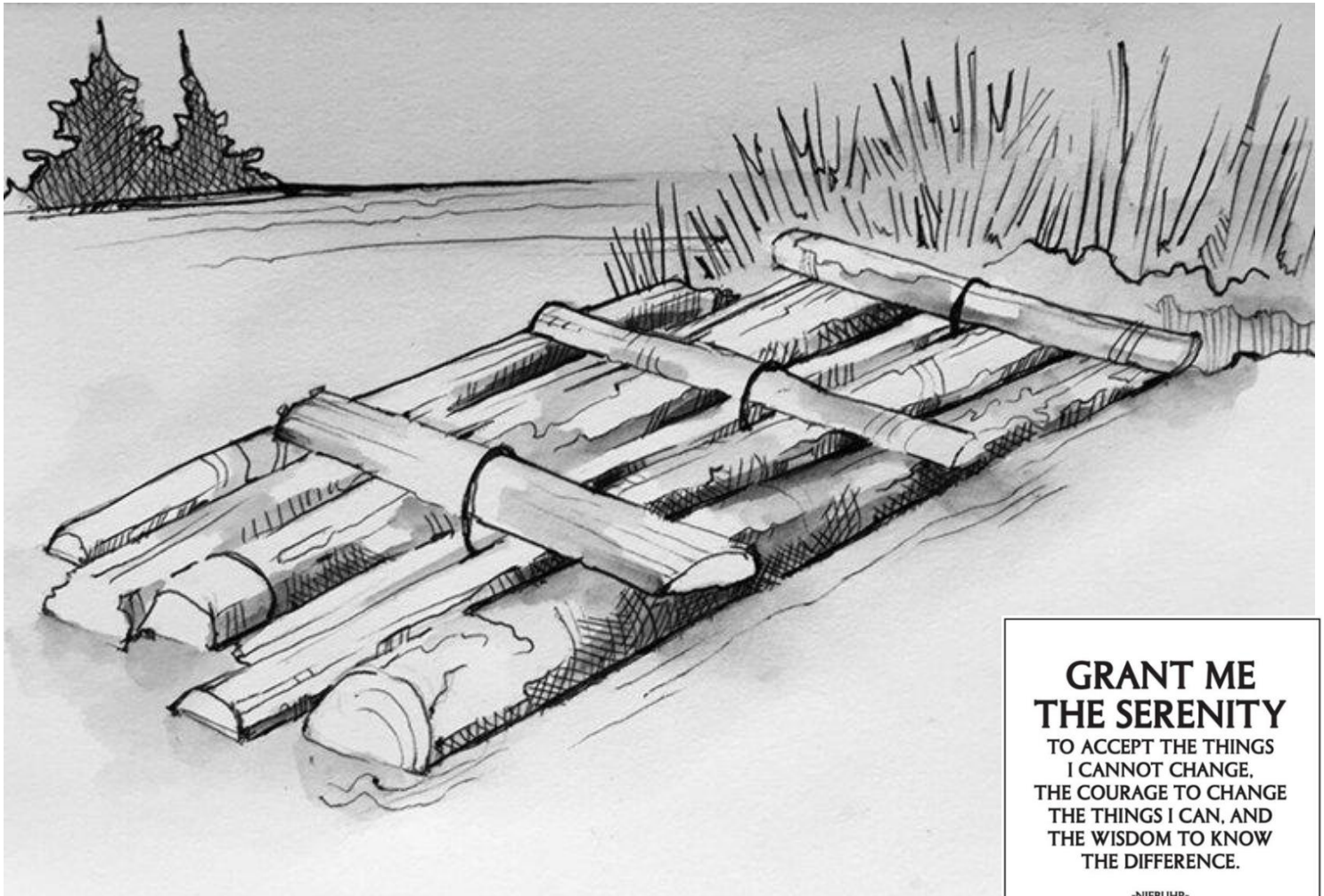
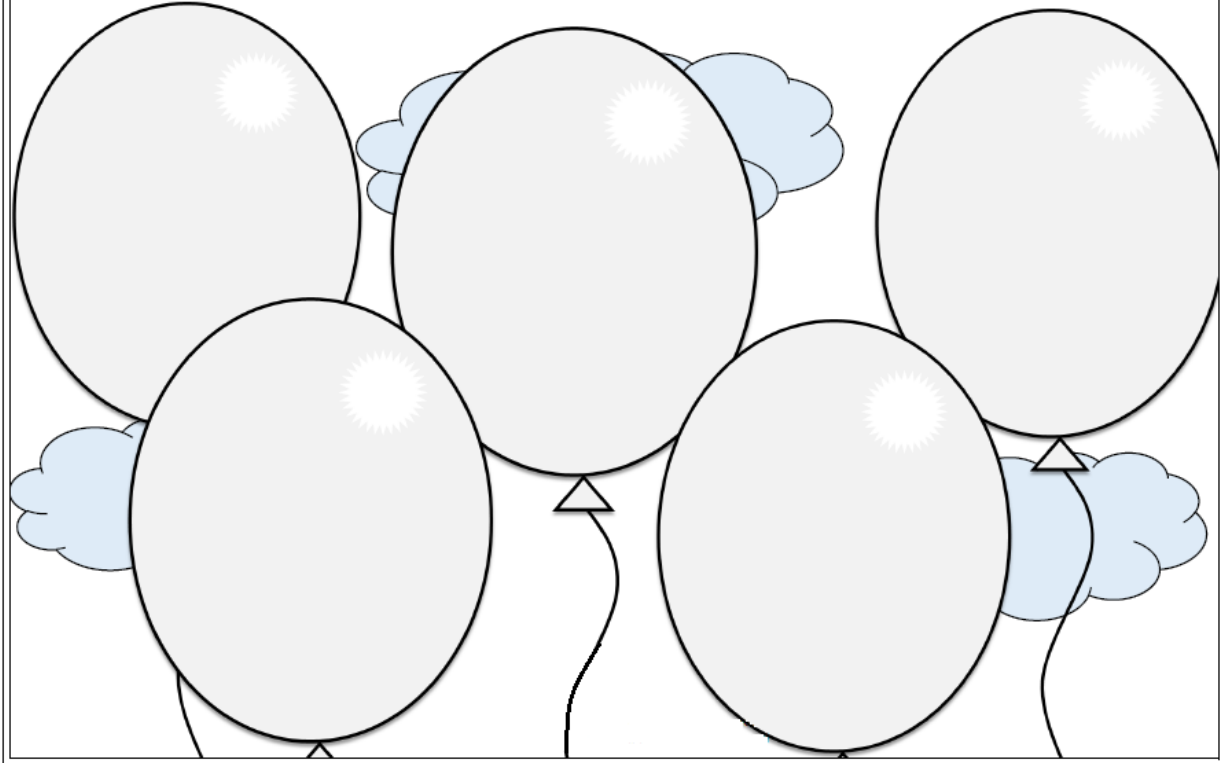


# LETTING..GO!

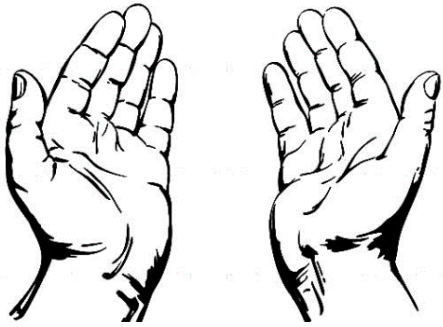
What do you need to let go of that will ease the weight of your burden?



## GRANT ME THE SERENITY

TO ACCEPT THE THINGS  
I CANNOT CHANGE,  
THE COURAGE TO CHANGE  
THE THINGS I CAN, AND  
THE WISDOM TO KNOW  
THE DIFFERENCE.

-NIEBUHR-



## What do you need to receive in order to continue in your journey?

Write down at least 1 need from the list of human needs below:

---



## What tool(s) do you need to embody in your journey?

Write at least 1 tool from one of the 12 tools below:

---

## UNIVERSAL HUMAN NEEDS

### physical

clean air & water  
nutritious food  
movement  
sleep  
shelter  
touch

### safety

boundaries  
privacy  
security

### predictability

consistency  
dependability  
structure  
stability  
reliability  
trust

### autonomy

choice  
freedom  
independence  
power within one's world

### fairness

equality  
justice  
mutuality

### rest

relaxation  
leisure  
comfort  
grounding  
ease

### belonging

acceptance  
participation  
inclusion

### connection

community  
friendship  
companionship  
interdependence

### consideration

acknowledgement  
honoring  
respect  
dignity  
validation  
for one's needs to matter

### to be oneself

authenticity  
integrity  
honesty  
self-expression  
creativity  
individuality  
differentiation  
to decide one's own meaning

### contribution

to serve others  
to enrich life  
purpose

### grief

honoring what was  
time to process  
letting go

### clarity

information  
communication  
shared reality  
for things to make sense

### compassion

empathy  
kindness  
grace  
forgiveness

### harmony

order  
peace  
beauty  
cooperation

### intimacy

affection  
closeness  
warmth  
presence  
tenderness

### self-love

self-connection  
self-forgiveness  
self-nurturing  
self-worth  
self-validation  
self-awareness

### support

nurturing  
encouragement  
reassurance  
understanding  
help

### competence

accomplishment  
efficacy  
to use one's gifts

### to be seen

appreciation  
recognition  
to be seen for one's intentions  
innocence  
representation  
celebration

### growth

learning  
discovery  
new experiences  
challenges  
stimulation

### play

fun  
spontaneity  
laughter  
aliveness  
lightness

### inspiration

heroes  
ideals  
hope

### transcendence

communion  
faith  
flow  
unity  
meaning



THE TOOLBOX PROJECT

## The 12 Tools

*Tools for Learning • Tools for Life*



### Breathing Tool

*I calm myself and check-in.*



### Quiet/Safe Place Tool

*I remember my quiet/safe place.*



### Listening Tool

*I listen with my ears, eyes, and heart.*

### Empathy Tool

*I care for others. I care for myself.*



### Personal Space Tool

*I have a right to my space and so do you.*

### Using Our Words Tool

*I ask for what I want and need.*



### Garbage Can Tool

*I let the little things go.*

### Taking Time Tool

*I use time wisely.*



### Please & Thank You Tool

*I treat others with kindness and appreciation.*

### Apology & Forgiveness Tool

*I admit my mistakes and work to forgive yours.*



### Patience Tool

*I am strong enough to wait.*

### Courage Tool

*I have the courage to do the "right" thing.*



rev. 3-6-13