



Suri Noir
— COACHING —



ACCEPT THE RAIN

EMBRACE THE GROWTH

IF YOU WANT THE RAINBOW, YOU HAVE TO ACCEPT THE RAIN.



Acceptance doesn't mean you like what is happening.
It means recognising what is here, rather than exhausting yourself fighting something you cannot change.

1 WHAT IS MY "RAIN" RIGHT NOW?

What situation, feeling or challenge am I finding difficult to accept?

My rain:



2 WHAT AM I TRYING TO CONTROL?

Ask yourself: Is this within my control, within my influence, or outside my control?

 I CAN CONTROL	 I CAN INFLUENCE	 I CANNOT CONTROL
My response	How I communicate	Other people's behaviour
My choices	What I ask for	What has already happened
My boundaries	My effort	Other people's opinions

Where am I spending most of my energy?

3 WHAT WOULD ACCEPTANCE LOOK LIKE?

Acceptance doesn't mean giving up.
It means choosing how you want to move forward.

- ☐  Allowing myself to feel what I feel
- ☐  Letting go of what I cannot change
- ☐  Asking for support
- ☐  Setting a boundary
- ☐  Changing my response
- ☐  Giving myself time
- ☐  Taking one small step forward

For me, acceptance could look like:

4 LOOK FOR THE RAINBOW

Even difficult experiences can teach us something and help us grow.



What might this experience be teaching me about myself?



One thing I can take forward is:

MY REMINDER

I don't have to love the rain.
I don't have to pretend it's easy.
I can acknowledge the storm,
care for myself through it,
and still believe that something
beautiful can come after it.



TODAY, I CHOOSE TO FOCUS ON WHAT I CAN CONTROL:



ONE SMALL STEP I WILL TAKE:



MY NAME / DATE:



YOU ARE NOT ALONE | YOU ARE ENOUGH | YOU ARE STRONGER THAN YOU THINK

HOPE • HEALING • EMPOWERMENT

