



Lesson 5: Putting Peace into Practice

Journaling Prompts

- What practices am I willing to try?
- How might a daily practice improve my life?
- What might get in the way of sticking with my practice(s)?
- How can I make my practice fun and enticing so that I want to do it?

Sample Practices

- Journaling
- Mindfulness meditation
- Loving-Kindness meditation
- Gratitude practice
- Acts of kindness
- Acceptance practice
- Clearing your energetic field
- Deep breathing

Mantras

I am worthy of peace.

Peace is always within my reach.

I open to my limitless potential.