



Peace Pages

Daily Practice for Turning Overwhelm into Overflow

Purpose, Intentions & Instructions: The purpose of this *daily practice* is to help you create, usher in, and anchor that peace which surpasses all understanding in your life. Yes, you can! This practice first and foremost acknowledges that which is drawing and distracting your attention (pain, frustration, disappointment) by briefly naming it, and then immediately counteracting energetic drain by intentionally identifying evidence of at least nine positive things. The Peace Pages are meant for daily use – I recommend each evening before bed to help you rest well and thus start your tomorrow from deeper inner peace. Choose a time that works well for you, and be consistent. *The important thing is to create a daily practice of honoring and acknowledging what you've accomplished, setting intentions, and being grateful for all that you are and all that you have! This tool helps you take consistent action & responsibility for daily self-care, and thus for creating the peace-full life you desire – which in turn overflows with joy, purpose, and passion.*

In a journal, notebook, or using the attached playsheet, first:

Name Your Pain (briefly, in 1 word or phrase, name your pain, frustration, or challenge).

Example: This back pain. Annoying co-worker. Kid(s) won't clean room.

Then, list at least 3 examples of each of the following (try to come up with different things each day):

I Got To... (Achievements/Successes this day)

Examples: Get out of bed, walk in the park with my beloved, complete a project at work & close new business.

I Get To... (Intentions for tomorrow– I can/I will/I am able to)

Examples: Pay a bill, make 5 sales calls, call a friend, clean my house

I Am Grateful For... (Stretch to find gratitude, even when things do not go as planned)

Examples: Having running water, transportation so I don't have to walk, my income (even if it seems little)

Finally, list at least one thing that:

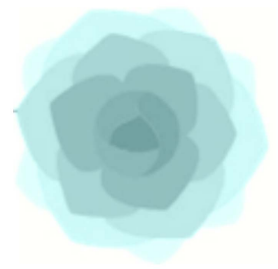
I Am Blessed With (Quality, gift, skill, or attribute that you have – inside & out – that is YOU)

Examples: Being kind, great hair, dimples when I smile

I encourage you to free flow journal after completing your daily Peace Pages to expand your awareness toward possibilities, and grow your confidence.

When we live in a state of active peace we are able to be more, experience more, and ultimately have more.

Phil 4:8-Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.



Peace Pages Playsheet

Daily Practice for Turning Overwhelm into Overflow

My name: _____

Date: _____

Name Your Pain (briefly, in 1 word or phrase, name your pain, frustration, or challenge)

Then, immediately shift to list at least 3 each of the following:

(Stretch & be creative to come up with new and different things each day)

I Got To... (Achievements/Successes this day)

- 1.
- 2.
- 3.

I Get To... (Intentions for tomorrow– I can/I will/I am able to)

- 1.
- 2.
- 3.

I Am Grateful For... (Stretch to find gratitude even when things do not go as planned)

- 1.
- 2.
- 3.

List at least one thing that:

I Am Blessed With... (Quality, gift, skill, or attribute that you have – inside & out – that is YOU)

Freeflow Journal/Write/ Express whatever wants to come through, even if “nothing is coming up.”

When we live in a state of active peace we are able to be more, experience more, and ultimately have more.

Phil 4:8-Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.