

Saturday

RECLAIMING MY PEACE

Today I honor the calm that comes when I stop chasing and start trusting,

Write about what peace means to you:

WHAT I'M EMBRACING TODAY

One thing I'm letting go of: _____

One way I'll slow down: _____

One truth that brings me calm: _____

One moment I'll savor fully: _____

WHAT MY PEACE FEELS LIKE

If my peace had a sound, it would be: _____

If my peace had a color, it would be: _____

If my peace had a rhythm, it would be: _____

If my peace had a message, it would say: _____

REMINDER OF THE DAY

Peace finds me when I stop searching for it.

Rewrite it in your own words:

