

IS PEACE ON EARTH POSSIBLE?  
HAS THERE EVER BEEN PEACE ON EARTH?  
HOW DO WE CREATE PEACE ON EARTH?

# 10 Ways to Cultivate *Lasting Inner Peace*

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# 10 Ways to Cultivate Inner Lasting Peace

## GRATITUDE

Name three things for which you are deeply grateful:

- 1)
- 2)
- 3)

## KINDNESS

Name three ways you can be kind to yourself:

- 1)
- 2)
- 3)

Name three ways you can be kind to others:

- 1)
- 2)
- 3)

## TEND TO THE GARDEN OF YOUR THOUGHTS.

Consider the following:

- A) The quality of your thoughts create the quality of your life.
- 2) What you focus on grows
- 3) Evaluate if your thoughts are helpful or hurtful.

## TAKE GOOD CARE OF YOUR BODY

Name three ways you can lovingly take care of your body:

- 1)
- 2)
- 3)

## ACCEPT WHAT YOU CANNOT CHANGE

God grant me the serenity to accept the things I cannot change, change the things I can, and the wisdom to know the difference."

## UNPLUG

Name three ways in which you can create stillness or silence so that you can listen:

- 1)
- 2)
- 3)

## DO WHAT FEELS GOOD!

Name three activities that bring you a sense of peace or feels good to you:

- 1)
- 2)
- 3)

## PRACTICE MINDFULNESS

- Formal practice includes meditation, breath awareness
- Informal practice includes being aware of what is happening, on purpose, intentionally and without judgement

## MEDITATION

- Try guided meditation or meditating on your breath

## CONNECTION TO A HIGHER POWER

Examples include:

- Prayer
- Reading a spiritual text
- Attending services
- Contemplation