

Personal Peace Reflection

When I feel inner contentment, it impacts how I show up at home, work, and in the community. Reflecting on where I am today, I notice my current experience in key areas of my life...

	D FS (1=dissatisfied and 5=fully satisfied)				
<u>Connection</u> ~ <i>Appreciation, Respect, Support, Understanding</i>	1	2	3	4	5
<u>Freedom</u> ~ <i>Autonomy, Independence, Personal Space, Self-Expression</i>	1	2	3	4	5
<u>Harmony</u> ~ <i>Balance, Ease, Hope, Peace</i>	1	2	3	4	5
<u>Joy</u> ~ <i>Fun, Laughter, Play, Relaxation</i>	1	2	3	4	5
<u>Meaning</u> ~ <i>Clarity, Growth, Integrity, Purpose</i>	1	2	3	4	5
<u>Well-Being</u> ~ <i>Physical, Emotional, and Spiritual Health, Safety</i>	1	2	3	4	5

By asking, “What do I want?,” “What would I like to see happen?” “What is my wish?” “What would I love,” I clarify what I seek to co-create:

With compassion, I check in on my feelings and needs and notice what my feelings tell me about my needs?

Being curious about my thoughts and actions, I consider what thoughts and actions that align with my vision, and commit to one step to take in the next seven days:

I will do this on _____ @ _____ a.m./p.m.