

## Your Encouragement

- Everyone deserves a peace-filled life. Jesus spoke of it in John 14.
- Gaining Peace is way less about chasing and capturing it and way more about ceating it. When we shift are thinking that piece is actually creatable - it changes everything!
- It's a process not an overnight conversion. It takes us looking at ourselves from the inside and the outside.
- My Peace axiom, *"The degree of peace we enjoy is directly related to how well we exercise our Power."*

## Your Empowerment

### Activity #1

Take a moment and get grounded. Takes some deep breathes, feet flat on the floor and close your eyes. Now, think about what living a peaceful life means to you. Imagine yourself living YOUR peace-filled life. Now, describe what you're feeling?

List 3 words that describe what a peace-filled life will look and feel like for you.

### Activity #2

List 3 areas of your life that you say needs the more peace right now. Be as detailed as you can. The more detailed, the more powerful.

Take your time with this. This will help you design your PEACE Map and is the foundation of creating more peace in your life!

*Good work Ladies!!!*