

Your Pocket Sized Guide to Peace

♥ **Schedule time for yourself.**

Spend time with yourself everyday, an hour of power walking, meditating or just giving time to yourself to do something you love

FOCUS ON GRATITUDE TO DRIVE OUT FEAR.

Write down 3 things you're grateful for everyday.

Gratitude isn't an attitude it's a practice

The stories we tell ourselves might be wrong. Focus on saying "I can, I will." Catch yourself when you say things like "I can't" or "It's not going to be good" or "It's too hard"

The future isn't written in stone, the prophesy will only be fulfilled if you believe it. (Like Harry Potter.) Are you in a pattern that's not serving you? Interrupt the patten and develop some ways to do this, eg. Meditation, deep breaths, practice gratitude, shake your body out, focus on empowering emotions.

Don't avoid pain in your life.

It's a part of our human experience. We will do far more as humans to avoid pain than we will to gain pleasure. If you try and protect yourself from pain your body will try and protect itself by going numb, but we don't want this because it blocks out joy too. Think of pain as an indicator or motivator to change something. Remember, we become what we think about. You have to decide right now that you control the focus of your mind.

YOU'RE ALWAYS IN CONTROL OF HOW YOU FEEL.

Nothing controls you but you. Listen to your emotions and appreciate the message, usually they're just telling you to change something. Turn disempowering emotions like anger, fear, hurt, guilt, regret, hopelessness or depression into empowering emotions like love & warmth, appreciation & gratitude, excitement & passion, determination, flexibility, vitality & contribution. Stop indulging in negative emotions.

KNOW THAT YOU ARE A DIVINE, SPIRITUAL AND BEAUTIFUL BEING THAT IS ETERNALLY LOVED. YOU'RE GOING TO DO SOME INCREDIBLE THINGS IN THIS WORLD. LOVE TO YOU BEAUTIFUL BEING ♥

