

## Your Encouragement

- We know to live a peaceful life we have to be willing to choose things that create it, and avoid things that rob us of it.
- We start with identifying what living a life of peace will look and feel like for us, individually. Then we decide which areas of our life needs more peace.
- Some examples of words to describe peace could be: organized, serene, nourishing, inspiring, healthful, peaceful.
- Some examples of what areas in our life might want more peace are: our routines, our home, schedule, clutter, relationships and our ME time.

## Your Empowerment

Connie and Pam's answers are our examples: Routines, Home & Schedule.

**Routines:** A common stress-maker is a crazy morning. The Fix, create an evening routine = a morning we want to wake up to every day. List your dream morning and how you'll prepare for it. String them together = a peaceful morning. **Home:** A home is not a *place*, it's a feeling. It's up to us to create the feeling we desire. Decide each room's purpose, how you'll express it...and do it. Use an anchor piece (rug) to establish your color scheme and sticking to it creates harmony and peace throughout your home. Or, choose contrast - allow each room to do it's own thing. Use color, textures, photos...things that matter and bring you joy in each room. This creates a home that is YOU. **Schedule:** Your time is Sacred and nonrenewable. Your planner should reflect what's important to you. Do a *brain dump* every Sunday. List everything to be done in your upcoming week - circle things that are pressing. Distill down to one single item that if done would make all other things on your list either easier or not even needed anymore. Making your weekly brain dump a habit is a great step to distressing your schedule!

*Good work Ladies!!!*