

# Peace Prompts

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## Objective

Realize your contributions to the process of peace in your daily life

1. Grow your peaceful existence to greater participation
2. Invite more peace into your life
3. Be aware that all the words matter in the bigger picture, from a universal perspective.

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## Materials

Journal Prompts about 'Peace'

- Reflection: Take a long look?
- Grassroots: Where did it all begin?
- Fare Thee Well: Where do I go from here?
- Minding my own business: No trouble where there is none.
- Liberty: What would I go to any length for?
- Legacy: Leaving my mark.

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## Procedures

1. Pick one prompt per day to explore
2. Linger longer in writing the responses to these prompts, if needed. If you experience emotional reactions, allow them, write of them, and then dismiss them, grateful they have served the purpose of opening your eyes.
  - What of your thought life? Would you consider it to be peaceful? Be honest!
  - Small beginnings. Peace begins somewhere. Where did it originate in you? Was this handed down to you in your upbringing? Write about the first time you 'knew' peace.
  - Fullest measure. Utmost degree. Write how this resonates in the fiber of your being.
  - Speak highly if that is what you expect. Liberty needs respect. Break free in your written words today. Speak only peace over your life, your business, your family and friends.
  - Pass along the gift of peace to your sphere of influence. This would be remembered well. Have you considered your legacy that you will leave? Write how you will begin if you haven't.

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