



# The Virtues Project

## PEACEFULNESS

**Week beginning January 1/2**

**Peacefulness is being calm inside. Take time for daily reflection and gratitude. Solve conflicts so everyone wins. Be a peacemaker. Peace is giving up the love of power for the power of love. Peace in the world begins with peace in your heart.**

**You are practicing peacefulness when you...**

**Create inner peace with daily reflection or prayer**

**Use peaceful language even when you are angry**

**Speak gently and respectfully**

**Avoid harming anyone**

**Appreciate differences**

**Find peaceful solutions to every problem**

### **Affirmation**

***I am peaceful. I use peaceful words and find fair solutions when differences arise. I find my inner peace and it carry me gently through the day.***