

# JULY - PEACE

\*May need extra space

- 1 I feel most at peace when... \*
- 2 Why does number one bring you peace?
- 3 What can you take from number one and infuse it into every day?
- 4 Write 3 ways you can be calmer this week. \*
- 5 Rate your level of peace right now on a scale of 1 - 5.
- 6 Make note of a way you can redirect negative people or situations.
- 7 In this season, I appreciate ... the most.
- 8 What are your major distractions?
- 9 Write lyrics to a song that invokes serenity in you.
- 10 How are your relationships when you are able to cultivate peace?
- 11 What conflicts do you need to resolve?
- 12 Are you setting unrealistic expectations for yourself? \*
- 13 What do you love about your life right now? \*
- 14 How are you letting go of the past to live in the now?
- 15 What comparison are you making that is stunting your growth?
- 16 Have you unplugged lately? If not, take a few days off.
- 17 What does guarding your heart and mind look like in this season?
- 18 I chose my words wisely to keep the peace and ... \*
- 19 When you feel unsettled, what can anchor you again?
- 20 What is something that easily offends you?
- 21 How can you adjust your thoughts about number 20 to gain emotional control in that area?
- 22 What current challenge are you facing with a peace mindset?
- 23 I need to start embracing ...
- 24 If I change my perspective on ... I can have more mental clarity.
- 25 What things are mentally and physically cluttering your mind?
- 26 In what way can you make peace a priority?
- 27 In your quiet time, what did the still small voice say to you?
- 28 How is peace manifesting itself in your life right now?
- 29 What is something you've said no to recently?
- 30 Thank God for growth! What is something that no longer pushes your buttons?
- 31 How can you improve or maintain your current level of peace?