

33 Ways to Have More Peace in Your Life

- Slow down and let your body come to rest once in a while
- Let your inner critic go and instead talk nice to yourself
- Listen to your heart and love more freely
- Pay attention to your feelings, make sure you are doing ok
- Spend time in the calmness of nature
- Take a nap and dream about being peaceful
- Pay attention to your intuition and act accordingly
- Be more playful, do more fun things and laugh often
- Have art days and express yourself creatively
- Read about being peaceful, Thich Nhat Hahn is great
- Sing songs that uplift you
- Check out the dances for universal peace in your community
- Go for quiet and relaxing walks
- Listen to the birds sing, the sounds of a stream or the wind
- Feel gratitude for all you have and for each moment
- Expand your breathing and feel how alive you are
- See the beauty of the world around you
- Finish unfinished stuff that is bothering you
- Have friends that really listen, be a friend and listen too
- Change beliefs that limit you or make you feel guilty
- Stop watching nightly news, do something healthy instead
- Notice where fear runs you and change your thinking
- Be kind to yourself and love and accept who you are
- Do what feels right, say no to what doesn't
- Follow your own truth and live by your values
- Enjoy your uniqueness and express who you are
- Have a purpose in life and live it with passion
- Only make commitments you can honor and follow through on
- Focus on the positive and expect good things to happen
- Stop blaming, take responsibility for creating your life
- Explore what interests you and be a life long learner
- Wake up and see yourself having a wonderful day
- Find the peaceful place inside and visit often

You can start creating a peaceful life today. Enjoy and explore these ideas and let me know how it goes.