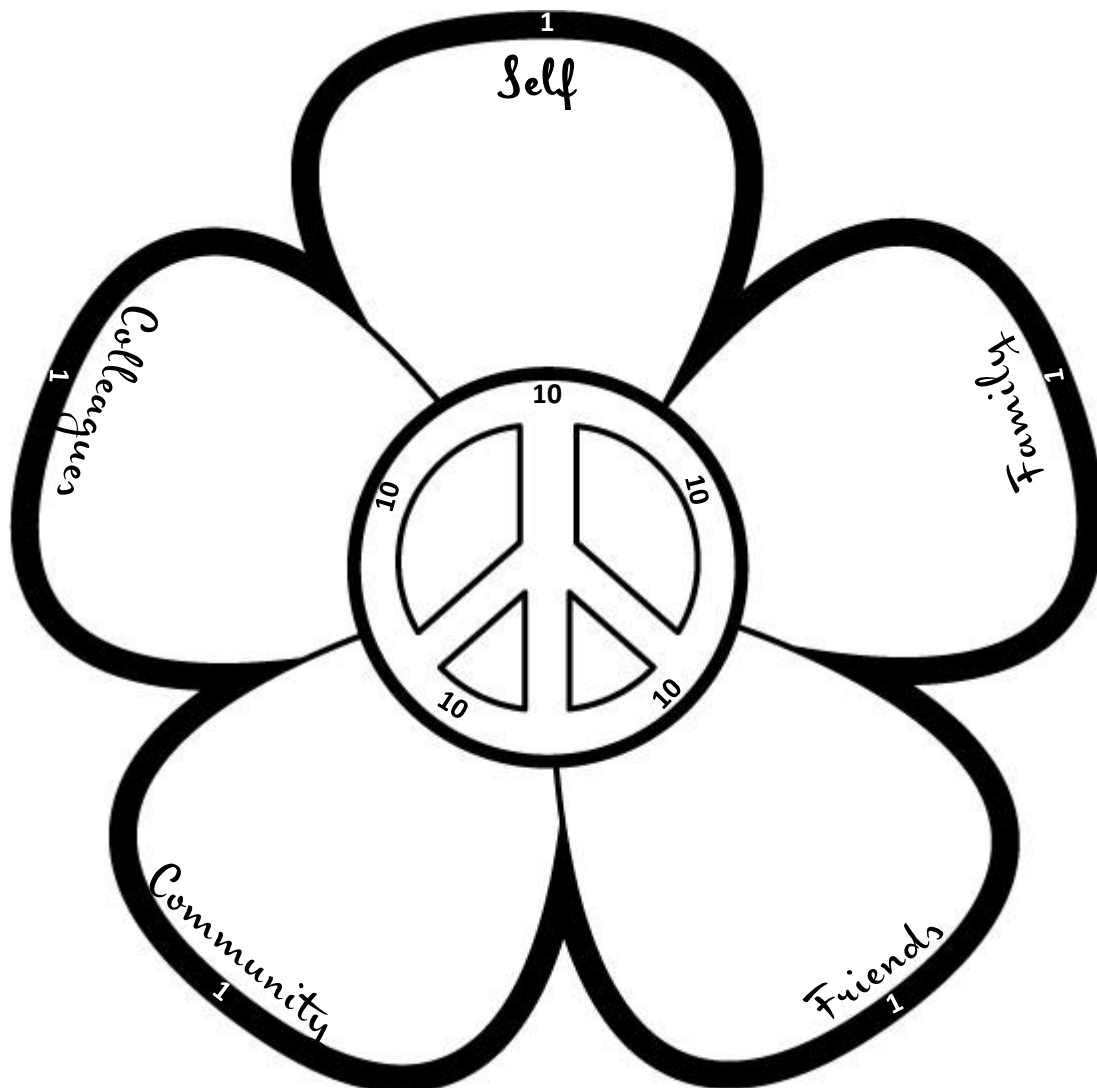


5 Pieces of Peace

Consider the relationships you hold in each of these 5 areas.
To what degree – on a scale of 1 to 10 – do you experience peace?

The closer to 10, the closer to peace.

Once you have looked at these 5 areas, consider exploring “environment”, “spirit”, or any other meaningful area of your life.



Reflection:

- What thought(s) or belief(s) is holding you back from experiencing full peace?
- What does ‘less than full peace’ feel like to you in this relationship?
- What would you need to say, do or experience in order to fully experience peace in this relationship?