

Practicing Peace – A 30 Day Plan for Thriving During Challenging Times **Shiloh Sophia McCloud**

Practicing Peace is a DAILY walk with mindfulness that takes less than 20 minutes and WILL change how your day goes. Guaranteed! Materials Needed: A Journal

The following practices are to be done daily, with the intention of practicing peace. By practicing peace, and cultivating joyfulness, we can thrive no matter what.

1. Prayer: Pray upon waking. Give heartfelt thanks. Before rising meditate on WHO and HOW you will be today no matter what the circumstances. Then choose to “remember” that you have made this decision. Ask yourself, how do I want to show up in the world today? See yourself being like that, looking like that and being experienced like that. Visualize it. Suggestions: *Today I will be courageous, I will be kind in all situations, I will radiate peace etc...*
2. Kindness: Choose that by the days end, you will say a kind word to someone. Challenge yourself with this. Whether it is stopping to tell someone close to you something you are sorry for or blessed for because of them or the check out girl – be extra KIND. And look for opportunities to be that way. Search for them and act on them. Kindness will be repaid to you and it is peace inducing!
3. Creativity: Before work or getting into any big part of your day, practice creative writing for a minimum of 5 minutes. Self expression is one of the greatest tools for cultivating a practice of personal peace. Suggestions: *Write your prayers. Pray for others on paper. Tell Creator how you feel. Ask for what is needed. Give thanks for what you have. Write down how you will BE today. Create an affirmation of your decision from this.*
4. Mindfulness: At some point in the middle of your day – lunch or a break. Sit mindfully and cultivate a spirit of peace, and bring to mind your decision from this morning. Feel the experience in your body and heart. Let the reality that you are taking action to improve your challenges through improving who and how you are being – BE a feeling of accomplishment.
5. Blessings: Right before bed – get your journal and do a light hearted self assessment of how the process/your decision of how to be went today. *How did it feel to stick to or not stick to, who you said you were going to be today? Did you do you kindness practice, to who, and how did it go? How about your mindfulness, what was that like.* This is a self reflection and self assessment is free of guilt, it is more like a gently noticing. Then count your blessings. Even if it was a hard day, count your blessings as the last thing you do each day. Write who/what you are grateful for. Smile. And chose to sleep really really well. As you fall off the sleep think beautiful thoughts and images, give praises, feel as much sweetness as you can in your body. Let the day be released and let your mind rest. Don't allow yourself to fret before sleep – give yourself a permission slip to be peaceful no matter what.

After 30 days, celebrate your efforts however great or feeble they were. And as you move into your new year, remember that you personally have the power to influence how the year goes – regardless of the economy or circumstance. The power we have to make changes is our challenge, and our gift all in one. Let us choose to continue to thrive and improve, regardless of the challenges, through choosing daily to be our most wonderful selves, and practice peace.