

Week Nineteen: Protecting My Peace

“Learning to distance yourself from all the negativity is one of the greatest lessons to achieve inner peace.”

– Roy T. Bennett, The Light in the Heart

Peace.

We all want it so badly.

But how do we go about finding it?

I believe one of the best things we can do in seeking Peace is at first naming our Peace Saboteurs. Those things that disrupt our Peace and oftentimes ruin our day.



Photo by kinkate on Pexels.com

Some things that disrupt our Peace

Has anybody ever said to you “I know how to push your buttons!” while laughing? Or what about...”Ooooo that really got YOU going!!”

Back in my twenties it was so easy for someone to make me mad...especially by brother-in-laws. Oh my goodness could they ever push my buttons. I would get SO MAD at them I could feel my blood pressure rising! Looking back it makes me sad knowing I gave so much of my Peace away to their silly and incessant teasing.

Here is a list of the most common Peace Saboteurs...

- *Drama and gossip
- *family members
- *our jobs/workplace/fellow employees
- *social media
- *the news/politics
- *traffic
- *our health
- *guilt from past mistakes/shame from the past
- *distorted beliefs about our bodies/ourselves



Photo by Pedro Figueras on [Pexels.com](https://www.pexels.com)

Art Therapy Idea

In our pursuit of Peace it's important to have reminders for ourselves to keep us on track and tell us everything is going to be ok!



This week we are going to create a deck of Peace Cards. You can use index cards, Project Life cards, playing cards or just plain card stock cut into smaller rectangles.

Here is a FREE printable filled with inspirational phrases for your Peace Card Deck.

[Week Nineteen_ “I Will Protect My Peace” by Leslie Ackman](#)

And here are two pages of peaceful images that will fit perfectly on your cards!

[Peace Images](#)

I would LOVE for you to join in the fun...[here is a link](#) to our Private Facebook group and [here are ALL nineteen weeks of “I Say Yes”!](#)



Photo by Alex Fu on Pexels.com

“Peace is the number one beautiful ornament you can wear, I really believe that. They say you should always wear a smile,

but I don't believe that you should "always" wear a smile, seriously, you're going to look stupid! But peace, you should always carry peace within you, its the most beautifying thing you could ever have or do. Peace makes your heart beautiful and it makes you look beautiful, too. You want to have perfect physical posture when you stand, sit, and walk, and peace is the perfect posture of the soul, really. Try perfect posture outside as well as inside. Peace creates grace and grace gives peace."

– C. JoyBell C.

xoxo

Leslie