

Week Eighteen: "I Say Yes Art Journaling"
Pursuing Peace by Leslie Ackman

List what brings you Peace

Now choose a few things from your list and implement them into your days & nights. Notice how you FEEL after pursuing one of these things and write about it.

What do you need to do to make sure these things are a part of your day to help you as you Pursue Peace?

What are some other things you would love to do to help you on your Peace Journey?