

*Week Nineteen: "I Will Protect My Peace" by Leslie Ackman  
Sayings & Words for Peace Cards*

\*\*Everyday, like bullets whizzing past us, we have situations that can sabotage our Peace. I encourage you to create a deck of Peace Cards for those times when you need a boost of positivity and a reminder that nothing is more important than protecting your Peace.\*\*

I will protect my Peace    Peace is my priority    Everyday is a new day for Peace

I know there is always going to be drama and gossip...but I will remember that it's up to ME to take myself out of those situations and Protect My Peace.

Avoiding Drama at all costs is so important for my well-being.

I will remember even though I love my family, it's ok to take a step back and re-evaluate my relationship with them especially if my Peace is being compromised.

It's always always ALWAYS ok to take myself out of gossip and drama.

I will remember that even though I enjoy connecting with my friends on Facebook and other social media sites...my number one priority is ME. I will fiercely protect my Peace and my time and do what's best for ME.

Sometimes all I need is my journal, a favorite pen and a quiet spot.

Go outside    Get off the couch    Be present    Peace is my priority    Right Now

I cannot control what others say about me. I CAN control how I react when I am with them.

I will remember to not take things personally. Doing this makes me a healthier, happy person and goes a long way in protecting my Peace.

Peace is best    I protect my Peace    Choose Wisely    Don't take things personally

Nothing is ever going to be perfect. I will remember to enjoy today and live my life with love, integrity and Peace.

My life will change when I start protecting my Peace

