

Week Twenty: Procrastination Sabotages Your Peace
Quotes for your journals, peace cards and more

"A year from now you may wish you had started today." -Karen Lamb

"Much of the stress that people feel doesn't come from having too much to do. It comes from not finishing what they started." - David Allen

"If you want to make an easy job seem mighty hard, just keep putting off doing it." - Olin Miller

"Your Life Is Happening Right Now: Don't let procrastination take over your life. Be brave and take risks. Your life is happening right now." - Roy T. Bennett

"You cannot find peace by avoiding life." Michael Cunningham, *The Hours*

PEACE OF MIND * I CAN DO THIS * WAKE UP AND DO

JUST GET IT DONE

THIS ISN'T SO HARD

STOP AVOIDING YOUR LIFE

MY PEACE JOURNAL

The best state of mind you will ever attain in life is a positive state mind; that is how you'll know peace.-Terry Mark

Peaceful Moments from Today

1. _____

2. _____

3. _____

What interrupted my Peace today?

What are some things I can do to incorporate more Peace in my day tomorrow?

Use this space to write down anything! What you did today, favorite quotes, ideas, to-do's, art ideas, dreams, goals, ANYTHING!

Find me on Facebook: Leslie Jackson Ackman ** Brave Heart Sisterhood

