

# FINDING INNER PEACE CHECKLIST

[www.JoannaJewell.com](http://www.JoannaJewell.com)

- Breathe
- What is the trigger?
- Identify Emotions
- Release expectations
- Write down your thoughts
- Connect to other moments
- Meditate
- Prayer
- Find your center
- Create
- Release your fears
- Confront your demons
- Respect this moment
- Reach out to trusted people
- Re-Arrange your environment
- Get dressed up
- Listen to your favorite music
- Walk in nature
- Bake
- Take a nap
- Dance
- Laugh
- Affirm your worth
- Carry peace with you!

NOTES